THE MARTLET

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Lounging in the bedroom

More students and less space forces UVic residents into unconventional rooms

Kailey Willetts

Most first-year students don't expect their dorm room to be a palace, but likely none expect to be living in a lounge.

UVic Housing Services' residence guarantee for first-year students was strained this year when the number of students qualifying for first-year status exceeded the number of beds available.

UVic has a total of 2,192 beds. Manager of Residence Student Affairs Liisa Robinson estimated that this year more than 4,000 students applied for residence accomodations.

"It's important to note that all of those people [didn't] end up coming to UVic," Robinson wrote in an e-mail interview. "Many students apply to three or four schools and residences, and then pick one."

In order to accommodate the influx of first year students, Housing Services converted the common rooms of many residence buildings into temporary student living spaces.

Robinson estimated that there are currently about 50 students living in "lounge rooms."

Students living in lounge rooms pay reduced residence fees, which work out to be about $600 less per semester than the regular single room rate (which starts at $3393), and about $200 off the regular double room rate (starting at $2978).

They also have the additional amenities of a sink and cable television.

At least one common room in each building has been maintained as a lounge for all the residents.

First-year students Sahra Samnani and Tracey Nguyen are sharing Park Residence's third-floor lounge.

"At first I was really concerned," said Nguyen. "[But] we've already made it homey. We've [been making] friends since day-one, because it's the lounge room; people come here."

JOSH THOMPSON PHOTO

First-year students Sahra Samnani (left) and Tracey Nguyen share a Park Residence third-floor lounge. While these two roommates have made a home out of their "overflow" situation, other first-year students have been packed four people to one lounge.

Both girls had applied for a single room and were nervous about sharing the space.

Now the biggest concern for Nguyen and Samnani is that they might have to move out of their lounge room — which could mean another adjustment period, and losing new friends.

"We haven't really been updated but we hope that we'll stay here permanently," said Nguyen.

As other rooms become available due to various reasons such as illness in a family or students finding alternative housing, overflow students are being moved out of lounge rooms. By second semester, Robinson expects students leaving for Co-op positions and International students going home from an exchange will open up vacancies for other residents.

However, students like Nguyen and Samnani feel they are benefiting from their larger room.

"We just like the fact that it's so spacious," said Samnani.

The only problem the girls do have is that there is no internet connection, so they have to connect wirelessly to the UVic Open network.

Samnani said she has seen other students living in lounges who aren't happy with the situation.

"My friend is in a lounge with like, three other girls who go to bed at 10:00 p.m.," she said. "It's really hard to find four people who all get along."

In previous years, finding rooms for all first-year applicants has been tight, wrote Robinson, but this is the first time that lounges have had to be used.

And the lounge rooms are just a temporary solution, wrote Robinson. As long as the first-year guarantee is in place, more rooms will need to be reserved for first-year students.

"It is a challenging balance because we want upper-level students to be able to plan and find housing, and yet we do have a first-year guarantee," Robinson wrote. "It is very important to us that we honour that — hence the need for some creativity this year."

Students will be moved out of the lounges as other rooms become available in housing units on campus.

Next year, it is projected that more rooms reserved for first-year students will force many upper-level students to search for off-campus housing.

SUB picketers prepared to stand their ground

As the strike enters its second week, neither union nor employer have new wage offer

Sam VanSchie

Picketers have closed much of the UVic's Student Union Building since Thursday, Sept. 4, as 150 unionized student employees of the building began a legal strike over wage disputes.

When this paper went to press, neither the workers nor the employer had budged from their original offers, leaving negotiations at a deadlock. The SUB workers are proposing a $1.50 raise for students working in the lowest income bracket, who are currently earning $9.95. The employers are offering 30 cents for those workers and 10 cents for tip-earning servers in Felicita's pub.

For supervisors in the SUB, currently earning $12.16, the union wants a $1.25 raise, while the employer is offering 50 cents. After the mediator from the B.C. Labour Relations Board closed negotiations at the request of the workers on Friday, Aug. 29, he recommended the employer wait for the workers to make the next offer.

According to Michael Ryan, who represents the workers as chair of the bargaining committee, there is a very clear mandate from the workers not to move from $1.50.

Caitlin Meggs, chair of the UVic Student Society and spokesperson for the employer, said the employer is willing to reconsider the offer but would like to follow the mediator's recommendation of waiting for the workers to move first.

"We don't want to just throw numbers in the air," Meggs said. "We need some indication they want to negotiate." As an executive member of the UVSS, Meggs' wage is equal to a supervisor's wage.

See *Wage debate*, p. 2

KAT ESCHNER PHOTO

The strike has kept the SUB on picket lock-down this past week.

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Wage debate stalled

Unionized workers in other buildings on campus have separate contracts from the SUB workers, all offering more competitive wages to their lowest paid employees. The lowest wage for somebody working in the McPherson Library or at Finnerty Express Cafe, for example, is $15.78.

However, compared to students employed by their student societies at other universities in B.C., UVic SUB workers' wages are mid-range.

At the University of British Columbia, SUB workers are not unionized and their lowest starting wage is $9.00 per hour.

At Simon Fraser University, unionized students working for businesses owned by their student union have a starting wage of $12.66 per hour.

The workers on strike are unpaid, but the SUB is losing approximately $2000 a day in net earnings from Felicita's and $1000 a day from the other food outlets while the building is closed.

Many services that would have been hosted in the SUB, such as clothing vendors and a farmer's market, have been easily moved outside on sunny days. However, the UVSS back-to-school event "Back to the Beer Garden" was cancelled, while the SUBurban party scheduled for Sept. 20 may be postponed. Clubs Days will be held at the Petch Fountain.

Businesses housed in the SUB that aren't part of the union, such as the pharmacy and hair salon, were kept open with an entrance free of picketers.

Advocacy groups such as ACCESS UVic and Vancouver Island Public Interest Research Group were offered the same courtesy, but chose not to cross the picket lines to show their solidarity.

Employees of other unions on campus, including the janitors that clean the SUB, are also not crossing the picket lines. The only workers continuing their duties in the SUB are four members of senior management that are running the SUB Info Booth and taking turns with janitorial duties.

Due to the disruption the strike is causing, Ryan said he doesn't see the strike going on indefinitely.

UVic mourns the death of history prof

Will Johnson

Students and faculty alike were shocked by the sudden death of popular history professor Dr. Shawn Cafferky, who passed away Saturday evening, Sept. 6.

Information about the cause of Cafferky's death has not yet been released, as the family had not been informed at press time.

History chair Tom Saunders had known Cafferky for nearly 25 years, originally as his professor in the '80s.

"We're in absolute shock ... we're finding it very difficult to believe," said Saunders. "[Cafferky] was very hard-working, and incredibly dedicated. I think the students appreciated his high standards and the demands he had of them ... they benefited enormously."

Cafferky, an instructor since 1997 and a resident of Victoria, divided his time between UVic and the Royal Military College in Kingston, Ont. His passion was Canadian social history, particularly the Royal Canadian Navy.

According to a Department of History statement released this week, Cafferky taught an entire generation of students and has been centrally involved in the department's Veterans Oral History Project. Saunders spoke highly of the project, which pairs students with war veterans to interview.

Cafferky began his career as a student at UVic, eventually earning his master's degree. He then received his PhD from Carleton University.

By Tuesday, a Facebook site had been created in his honor. With 37 members at press time, the wall had an outpouring of emotion from students and friends alike.

"He was my best professor at UVic," posted Jonathon Wolsey. "He demanded a lot but it brought you to bring out your best."

"The history department won't be the same," wrote Jonny Clapp.

Cafferky is remembered as passionate and friendly; a professor who felt as comfortable at The History Undergraduate Student Society (T.H.U.G.S.) pub crawls as he did at the front of a classroom.

PROVIDED PHOTO

History professor Dr. Shawn Cafferky died unexpectedly on Sept. 6.

Saunders said instructors have been found for Cafferky's fall classes, and he anticipates no problems for student's schedules.

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Advocacy groups hit hard by strike

Danielle Pope

While the SUB undergoes picket lock-down, clubs and student organisations usually based in the building are straining under the back-to-school push without the security of a home base.

Advocacy groups like the Anti-Violence Project, Pride, Students For Literacy, ACCESS UVic, the UVSS food bank and others have been struggling with the implications of the strike, at a time when most of the groups would be rallying new student support.

With the influx of a higher than average number of first-years adding to the equation, many groups are in high demand but low in service.

Tracy Ho, the UVSS Director of Finance, wants students to be aware that they can still access services like the UVSS food bank.

"We realized the food bank, like AVP, is an important emergency service for a lot of students, and it's important that people still have access to that," said Ho.

Students can go directly to the SUB Info Booth in order to access non-perishable goods, or make an appointment with Ho.

Robin Tosczak, the coordinator of the Anti-Violence Project, said that because three AVP employees receive funding from the UVSS, crossing the picket lines is not an option — but that doesn't mean that services are not available to students.

"We're still providing support via e-mail, and at a confidential location in the McPherson Library," said Tosczak.

Tosczak hopes that the strike will have a minimal impact on people looking for services as well as potential volunteers, but says there's no way to know for sure.

"This is a huge time of year for us in terms of bringing in new students to volunteer, making ourselves known and offering our services to the students who need us," Tosczak said.

The AVP assists students who have experienced violence, rape or mental or physical trauma, and Tosczak insists those services are still there.

However, as e-mail will be the baseline communication until the strike is over, she encourages students needing immediate assistance to call Campus Security, or UVic Counselling Services.

"Just because the building is closed doesn't mean students can't access the services," Tosczak said. "We're doing our best. The purpose [of the strike] is not to cut people off."

To reach someone at AVP, e-mail anti.violence.project@gmail.com. For access to the UVSS food bank, call 250-588-6590.

Choosing to cross the line

Knowledge is key in deciding whether or not to cross picket

Danielle Pope

With a strike going on in the very place UVic students go to work, play, eat and study, it's little wonder that being booted from the SUB comes as an inconvenience to many. But crossing a picket line isn't just about getting to where you need to go — it's taking a stance in itself.

"The more people who cross the line, the less support we have," said Melissa Pritchard, the manager of SubText, who has been on strike with the union since Sept. 4.

Union members voted 97.4 per cent in favour of the strike and negotiations are still in progress, leaving workers and students with uncertainty as to how long the strike will continue.

KAT ESCHNER PHOTO

Food services manager Brad Mielke (right) asks a student not to cross.

Pritchard believes that not crossing a picket line is a general sign of respect for every worker, but she thinks that most people who cross do so not because they feel strongly about the issue — they cross out of ignorance towards the matters at hand.

"To cross a picket line takes power away from every union in the province," said Pritchard. "We aren't getting paid [for picketing], so the longer this goes on, the more we have to do to address issues of rent and other expenses."

Pritchard notes that everyone wants the strike to be over quickly, but says a more effective answer for students who feel the need to cross is to contact their student government and discuss the inconvenience.

As the first UVSS strike in UVic history, many students are confused by the issues at hand.

Alan Arslan, a fourth-year psychology major, crossed the picket line on Friday to use one of the free-of-charge SUB phones.

"It's not that I don't support what the strikers are doing, but I just don't see a clear link between those issues and me using a phone," said Arslan.

Arslan said he would rethink crossing into the SUB if the strikers did a better job at explaining why the issues are important to students.

Michael Ryan, the acting union president, says that education is the strikers' largest goal, and that striking in itself is the most powerful tool any group of unionized workers has to make those statements.

"We're requesting that people don't use the SUB as an act of solidarity, not preventing them from doing so," said Ryan. "But we're all students; we all want to be treated as members, not workers. It's largely up to the student body to bring that pressure."

Developing sustainability.

Over the coming months the University of Victoria will be drafting a new policy and action plan to further advance our committment to sustainability in the classroom, on the ground, and in the region. Throughout the fall, UVic will be hosting a series of consultation sessions, on line surveys, contests, and a summit to raise interest, help establish priorities, and set environmental, social and economic benchmarks for the campus.

Come share your solutions at
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University of Victoria

This week in Martlet history

September 9, 1971 — Twenty new 10-speed bikes were reported stolen over a one-year span between July 1, 1970 and June 30, 1971. Supervisor of Traffic and Security Control T.W. O'Connor said that the number of bikes stolen was more likely to be over 30, due to unreported incidents. O'Connor advised cyclists to use heavier chains, buy substantial locks and stop locking bikes through the tires.

Stories from the Martlet archives

September 12, 1985 — After a poisoning incident, during which many students were afflicted with diarrhea, a new volunteer food representative team on the Residence Council introduced a points system for residence food purchases. The new system was immediately criticized by students, as little information on the plan was included in the Residence Agreement Handbook, notably that 100 food points cost $1.

September 9, 1999 — Canada Post increases to stamp prices and other mail-related items closed UVic's only post office. Students had to take a bus or go the Cadboro Bay post office if they wanted to mail a letter. One student said, "Even if there is a [financial] loss they should keep it open for the students."

Event sparks suicide awareness

Gemma Karstens-Smith

Globally, someone commits suicide every 40 seconds, according to the World Health Organization (WHO). In Canada, suicide is the second leading cause of death for youth between 15 and 19 years of age.

Since 2003, the International Association for Suicide Prevention (IASP) has collaborated with WHO to sponsor Suicide Awareness Day every Sept. 10. This year, Victoria's Suicide Awareness Day event took place on Sept. 7 at UVic's Interfaith Chapel.

Hosted by NEED Crisis and Information Line, the event gave a chance to show support to people who have been affected by suicide, and to remember loved ones lost. Information was also provided on suicide and how to prevent it.

Mary Jane Apcar lost her 21-year-old son to suicide six years ago.

"To me [Suicide Awareness Day] honours his memory and connects me to other parents," Apcar said.

About 50 people joined Apcar in a sharing circle behind the Interfaith Chapel, circling a large tree with a yellow ribbon tied around its trunk in remembrance of the lives lost to suicide. The circle included drummers performing healing songs and Apcar reading a poem by Irish poet John O'Donohue.

Participants were invited to tuck yellow carnations into the ribbon around the tree in memory of their loved ones. After the circle, NEED volunteers were available for anyone who wanted to talk.

JOSH THOMPSON PHOTO

At Victoria's Suicide Awareness Day, yellow carnations were placed in memory of those lost to suicide.

Inside the Interfaith Chapel, booths were set up to give information on suicide, prevention and resources for people dealing with loss.

Although suicide awareness campaigns have been taking place for years, the subject remains a taboo issue throughout mainstream society.

"Some people are afraid of what the neighbours will think, or things like that," said Apcar.

Sapine Reimer, who lost her 20-year-old son to suicide four years ago, agrees that suicide is often misunderstood.

"People need to understand that people who commit suicide don't necessarily want to leave this world ... all they want to do is stop the pain," she said.

For Reimer, this misunderstanding can only be solved by discussion.

"We should be a lot more open. That's the only way that you get away from that stigma," she said.

Organizations like NEED exist to provide a place for people to talk anonymously, where they won't be judged for their thoughts or feelings and where they can receive the resources they need to get further help.

"People need to know that there's a place they can go. They're not alone," said Apcar. "It's like if you're going through cancer and you talk to a cancer survivor when it's first happening to you; you get so much strength and hope from that person." NEED Crisis Line is available 24 hours a day, seven days a week at 250-386-6323.

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UVic auctions 23 km of cable online

David Karp

With roughly 112 million items up for auction at any time, eBay has some pretty bizarre stuff for sale. But one of the strangest items currently up for auction is 23.37 kilometres of undersea cable being sold by UVic.

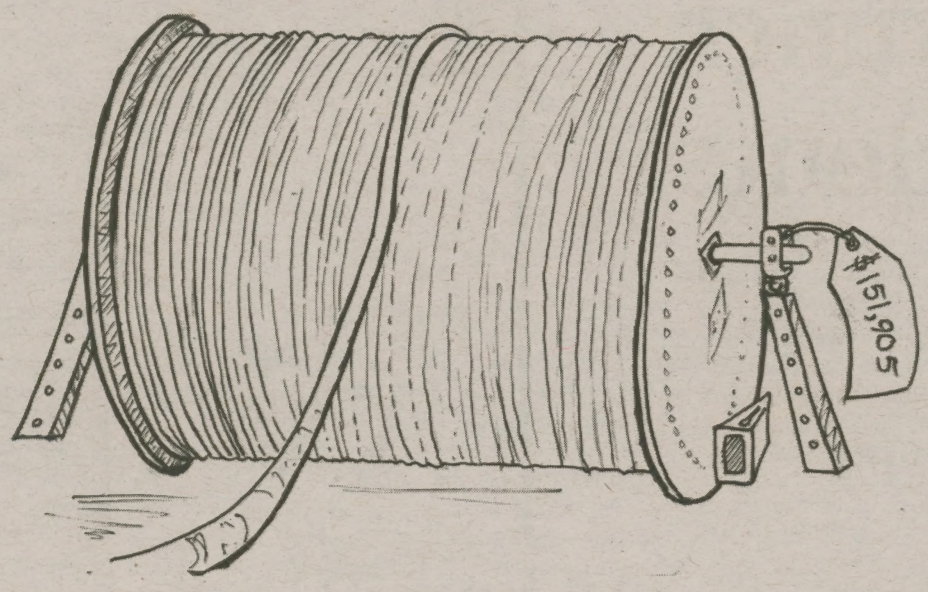
The cable was originally purchased by UVic's VENUS program, which is an acronym for Victoria Experimental Network Under the Sea.

The project uses instruments in local waters to collect ocean data.

VENUS purchased about 75 km of undersea cable for roughly $1 million back in 2002 from a telecommunications firm that was going out of business.

"We had a huge discount of about half the going rate," said Richard Dewey, associate director of research for VENUS.

VENUS had originally planned to lay cable in the Saanich Inlet, the Strait of Georgia and the Strait of Juan de Fuca, but later decided it would be more efficient to concentrate efforts on the first two areas and cancel plans in the Strait of Juan de Fuca. That meant 23.37 km of undersea cable was left over.



MARC JUNKER GRAPHIC

The "single armor light" cable that UVic is selling is the cheapest of three types of cable they bought — they also purchased medium and heavy cable, which are in use collecting data.

"It's trying to be fiscally responsible with our money," said VENUS project manager Adrian Round. "Rather than having the cable sit on a shelf for 20 years, if there's someone who can use it, it makes sense to sell it. The revenue goes directly back into the project. That's why we're doing it."

The auction opened Monday on eBay and closes next Thursday. As of press time, there were no bidders.

Stephen Wylie, UVic's surplus asset co-ordinator, admitted there wasn't much interest in the cable leading up to the auction.

"We haven't got a whole lot of people calling about it," he told the Martlet before the auction opened. "Once I've posted it up on eBay, I've got to call people to make sure they know it's there."

The university is hoping a telecommunications firm will be interested in bidding.

"If you were going to create telecommunications service from Crofton to Salt Spring Island, for example, this is the ideal cable," Dewey said.

But in case you're thinking you could bid $1 and walk away with a bargain, think again. The starting bid is $151,905.

"We're trying to break even on it," Wylie explained. "If it doesn't sell, we try it again."

He noted the surplus cable is costing the university $32,000 per year in storage fees, so it makes sense to unload it soon.

Wylie said UVic used to do a lot of surplus sales using BC Bid, a provincial government auction site. However, it charges a 32 per cent commission on sales, while eBay's commission is only one per cent on business and industrial equipment sales, plus $25 listing fee.

Dewey insisted buying the surplus cable wasn't a mistake because they got such a deep discount on it.

"In hindsight, should we have bought the 75 km? We may have bought the 40 or 50 km we did need at a far greater price if we hadn't," Dewey said.

If the auction goes through, the cable will be the largest sale of surplus assets the university has made since Wylie started about a year ago.

STRANGE EBAY SALES

While UVic's auction of undersea cable is unusual, there have been stranger items listed on eBay's:

- The 30-person town of Bridgeville, Cali. sold for $700,000 in 2002 after a $1.78 million bid on eBay fell through. The town included a post office, riverbank, cemetery and a handful of houses and cabins. It resold for $1.25 million on eBay in 2006, but the new owner committed suicide three months later.

- Ashley MacIsaac, a 33-year-old Cape Breton fiddler who was once a heralded child prodigy but became better known for his drug addiction, unruly performances and unabashed homosexuality, put half of all his future earnings for sale on eBay in June.

- A German mother put her baby boy up for sale on eBay in May. German police seized the child after being tipped off about the auction, but the mother claimed it was a joke.

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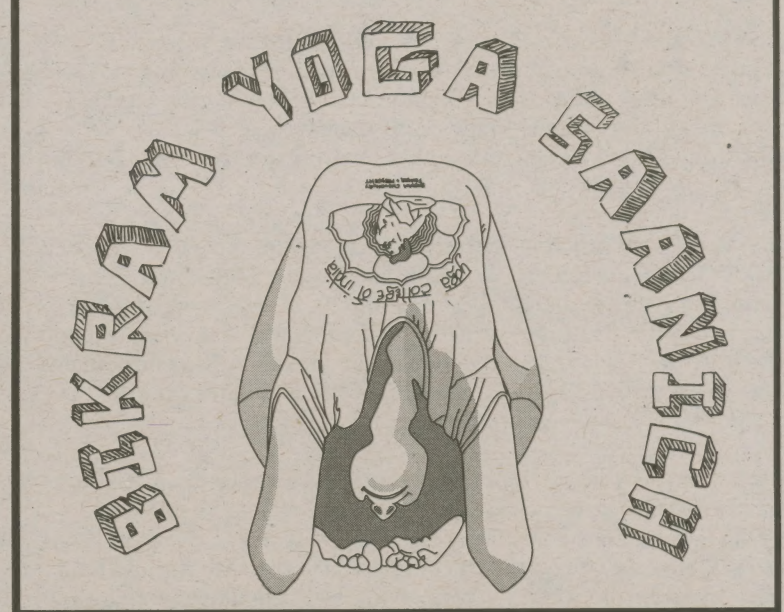

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Opinions

EDITORIAL

Housing crunch crams students

It sucks to be a first year.

You've given up Mom's homemade meatloaf for cafeteria mystery meat. You've left your friends and your family behind. You've braved the arduous journey to Victoria, whether by car, plane or ferry. And now, just to add a little icing to your cake, Housing Services has crammed an unlucky crowd of brand new students into residence building lounges.

What's next — bunk beds?

With enrollment soaring, Housing Services has had to scramble for a "creative solution" to house the tidal wave of new students. With little privacy, and as many as four people squished into one common room, this solution leaves a lot to be desired. UVic has to honour its first-year residence guarantee, sure. This answer, however, is getting a little ridiculous.

But let's look at the bright side. Dorm life has always been about eating crappy food, living in close quarters and, most importantly, surviving with a complete lack of privacy. Housing gives students rooms, but half the time they end up sleeping in each other's beds, passing out on couches or spending the night with their cheeks glued to the toilet seat.

What Housing Services should have done was shove some beds into the gymnasium, barracks-style, and let rezzies really bond. Or they could have taken a stance like Seinfeld's Kramer and house visitors in a chest of drawers. Think of all the best friends everyone would make.

There's no better way to make the first-years feel like second-class citizens than to strip them of their housing privileges. Housing Services wouldn't dare humiliate the grad students this way, but first-years just don't know their rights yet.

Pesky second and third-year students might bitch to the UVSS or hold demonstrations in the concourse, but first-years can be pushed around a little more easily. It's like leading lambs to the slaughter. By the time they've figured out that they've been screwed over, Housing will have already sent them off campus to fend for themselves in the real world.

And it could be worse. First-years could be forced to live off campus right now, having to deal with the house hunting rat race, price gouging landlords and (heaven forbid!) taking the bus to school. It's one thing to show up to class in your pajamas, but who knows how the general populace will respond to your Snoopy pajama bottoms.

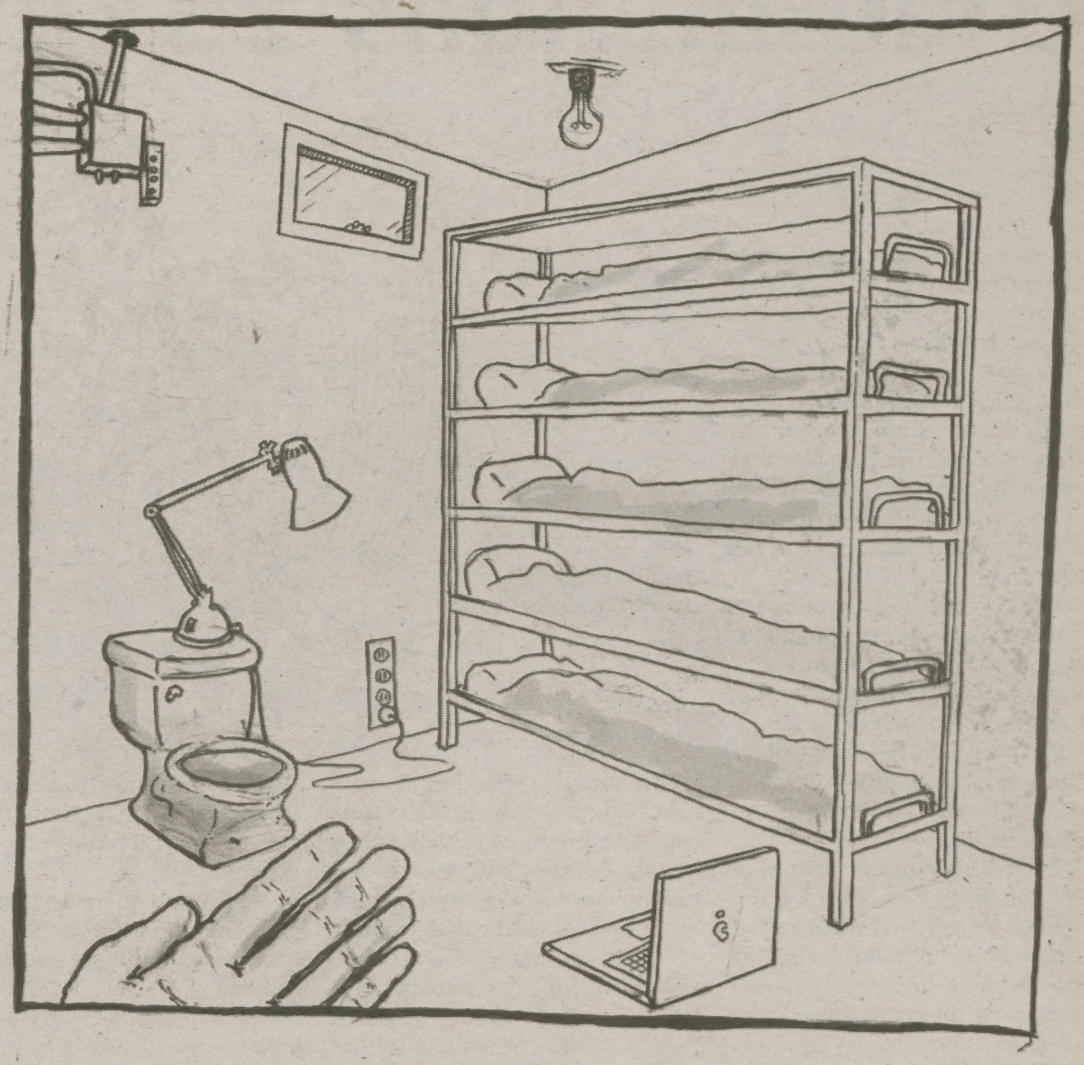
Maybe the real problem with the lounge-room-turned-dorm solution is that Housing didn't take it far enough. McKinnon Gym could easily house bunks five beds high. A couple rows of those and you could fit in the whole lot of first-years in there, not just the overflowing lounge kids. McKinnon already has washroom and shower facilities, and since meal plans are mandatory for dorm residents, kitchens are unnecessary.

Better yet, why not put all the first-years in the football stadium? Or perhaps Housing could build residence tree forts in Mystic Veil. On top of the everything else they're learning about in classes and in living snuggly with complete strangers, this could help first-years perfect their survival skills — skills like how to build a fire, or how to wash your underwear in the fountain. We could even make a little segregated first-year colony, like the Ewoks in Return of the Jedi.

Sure, it may be a less-than-pleasant eight months, but it would build character. And when it comes down to it, isn't that what res is all about?

Editorial topics are decided on by staff at our weekly editorial meeting at 12:30 p.m. every Friday in the Martlet office (SUB B011). Editorials are written by one or more staff members and are not necessarily the opinion of all staff members.

THE NEW BATHROOM BEDROOM COMBO



MARC JUNKER GRAPHIC

LETTERS

UVic needs help

I'm rolling on the floor laughing about complaints by UVic and the community about political interference.

The reality is that UVic is political. It is largely funded by political structures with money from taxpayers' pockets. It seeks additional funds for pet political projects, like the current hysterical claim that humans cause climate change. The university and student organizations are politically active by their selection of speakers and conferences to promote and deny the freedom of speech.

The best thing that could happen to ensure independence of UVic would be to remove all forced taxpayer support, so it would rely on voluntary contributions and selling its services in the marketplace. Yes, it might go out of business because it would not survive in its current ideological form without government support, but I am confident that with fair competition, schools that properly support human life would be formed.

Keith Sketchley
Community member

CFS be gone

Upon opening up my new day planner I was less than thrilled to see a 35-page span of pro-Canadian Federation of Students advertising.

Who wouldn't want to continue financially supporting them with our student fees?

You get an International Student Identity Card, which can easily be counterfeited with a photocopier, and isn't accepted everywhere as a result. You get a student-saver card as well that will get you on average 10 per cent off at stores already offering the same discounts for your UVic card. Then there is the well-spent lobbying fund. Recently, the CFS sponsored a very expensive protest on the Victoria legislature, seeing 500 students demanding "reduced tuition fees." The legislature yelled back "get off the lawn, go to the back of the building where no one can see you and turn your speakers down," and we complied.

In my four years at UVic, I haven't seen my tuition reduced once. That leaves me with the one good item I get for my fees: a day planner. Never mind I can purchase one for $6.00 at Zellers that isn't littered with self-projecting advertising.

It's time to do away with the CFS and its cash grab and spend that money elsewhere. Our UVSS chairperson says we don't have the money to give our SUB workers a much-needed raise, yet we dish out $257,000 to the CFS every year. These funds could more than double their proposed wage increase. Wake up UVic; it's time to be our own entity and leave the CFS behind.

Brittany Wiens
UVic student

Ten great reasons to leave CFS

10. You spend less time ripping propaganda out of your day planner.

9. You no longer havie to wear brightly coloured buttons.

8. You don't have to endure group chanting.

7. You can buy more beer with money you used to spend on CFS membership.

6. Your money is spent on locally relevant things that actually matter to you.

5. You can proudly say I am (insert name here), not CFS.

4. Your student union is actually "your" student union.

3. Your money is well managed or at least no blatantly misused.

2. You witness less social justice rhetoric, more action.

1. You're free to think for yourself!

Julia Munk
UVic student

Strike not fair to students

Whether I support the SUB strike or not is no topic of argument.

As a student I pay $67 in student fees. According to UVSS, of that $67, $19 goes to "the UVSS Board of Directors for the day-to-day operations of the Society including operating the Student Union Building (SUB)."

Terms go on to say that a further $13 goes towards the SUB building fund and equipment purchases. Essentially, I'm paying student fees for something I can't use: the SUB. What "day-to-day operations" means is not known to me, nor is it clarified on the UVSS website. One can only assume it refers to the allocation of rent and utilities, or maybe it acts as a float to aid with worker wages.

Let's forego the $13 for now, and focus on the $19. There are an estimated 18,320 students who pay $19 each per semester. That's about $348,080 a semester, or $696,160 a year. With a little math, each student is paying about $0.169 a day for the SUB.

Let's say you pay for a class, and the room and professor are there, but there's nothing to teach. What are you paying for? That's what the SUB is like to students right now.

Crossing a picket line is stressful; it's like slapping the face of the strikers, and it's not something anyone enjoys doing. For each day the SUB is on strike, each of us should be refunded $0.169, because right now students aren't being treated fairly either.

Justin Jelfimow Levine
UVic student

Happy? Sad? Enraged? Engaged?
Tell us: letters@martlet.ca
The Martlet has an open letters policy and will endeavour to print every letter received from the university community. Letters must be submitted by e-mail, include your real name and affiliation to UVic, and have "Letter to the editor" in the subject line. Letters must be under 200 words and may be edited.

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Learning the art of solitude

Will Johnson

Years ago, I had a teacher who told me I must learn the art of solitude.

Her name was Wendy, and though she was my Acting and Movement teacher, I think she regarded herself as a spiritual guru as well. She would come into class with photocopied pages of self-help books and would talk at great length about our "quest" in life. Wendy was an intimidating woman, and she strutted around the classroom like British aristocracy.

She tried to purge us of all our bad habits. We were not allowed to use the words "just" or "like" in her presence. When receiving feedback, we were not allowed to have our hands in our pockets or to cross our arms across our chest. She gave us strange homework assignments, like going home and writing down 100 things that made us happy.

Slowly but surely, it seemed that Wendy was building an army of students who saw the world like she did — as an exciting and magical place, but a place that demands we take full advantage of our opportunities.

Near the end of the semester, we learned Wendy had breast cancer.

I had grown close to Wendy. Since she seemed to be the hardest teacher to please, I strove tirelessly to win her approval. Though she remained aloof, I sensed in her a quiet maternal affection. She watched me struggle and suffer through the semester (my last in theatre school), but I always felt that somewhere deep down she was rooting for me.

When I found out she had cancer, the news confused me. Wendy was not a victim, not someone I could feel sorry for. She told us she was afraid, which seemed preposterous for someone like her. But she continued to come to class, continued to impart her wisdom, and continued to hand out photocopied excerpts from books with titles like *The Better You* and *Finding Your Life's Purpose*.

I decided to drop out of theatre school a couple of weeks before the end of the term. I sat in Wendy's office when I broke the news to her. She didn't seem surprised or upset, just curious what I was planning to do instead and supportive of my decision.

Wendy told me that if I wanted to get the most out of life (and hoped to be any sort of artist) I would have to learn how to be alone. How to relish quiet moments by myself. How to pull myself away from the rest of society, and just "be." Sitting behind her desk, and throwing her shawl over her shoulder, she made me feel like I was in the presence of a Zen master.

That summer, I spent a lot of time biking around Vancouver. I would sit in the library or write in my journal in Stanley Park.

I would ride the SkyTrain to the end of the line, then back, just watching people. Rather than achieving deep, enlightening insight, I spent most of the time scribbling about how I wished I had a girlfriend, or how depressed I felt.

Right around that time, the song "Boulevard of Broken Dreams" by Green Day was receiving nauseatingly never-ending radio play. One day I wrote out the lyrics and felt like Billy Joe was singing right to me; a tortured artist loner without a place in the world.

The thing is, that's all bullshit.

I know that some people enjoy being isolated. The world has no shortage of hermits. I've met people who seem to be stuck in a perpetual state of flux, always trying to get far away from their worlds or the people in them. To some degree, I still have that knee-jerk escape complex that makes me want to keep everyone at arm's length. But when we're completely honest with ourselves, I think we all know how desperately we need each other.

Wendy wasn't wrong; I just took her words the wrong way. She was a brave and powerful woman, but as she faced cancer treatment, she had her husband standing beside her. She had her students, her family, her people. Every now and then, we all need support.

As it turned out, Wendy was okay. They removed her breast, and re-constructed it from flesh on her stomach (a "free tummy tuck," she said). She went back to teaching and, last I heard, Wendy was in perfect health.

As for me, I spent this past summer up in the Yukon, as far away as I've ever been from the people that I love. Sometimes we need to see and experience something different. Sometimes we *do* need to be alone. But we should also remember how nice it is to go home.

Backstreet's back, but why exactly?

Dexter McMillan

I remember when I was just a small boy and knew little about the world full of epic bands. My dad bought me *Millennium*, by the Backstreet Boys, and I must have listened to those catchy, cheesy songs a hundred times before the album finally found a place at the bottom of my closet.

There they stayed, hanging out with old socks and sneakers I didn't wear anymore, until last summer when I decided it was time for a room makeover. I pulled everything out of the closet and finally reached the album.

I chuckled to myself, and felt the blood rush to my cheeks. How embarrassing, I thought.

That's one time in my life I'd rather forget.

This "I can't believe I ever liked that band" retrospection is a revelation I thought everybody went through, but apparently people can surprise you.

With the recent comeback of the Backstreet Boys and their Sept. 5 performance at the Save on Foods Memorial Arena, I now can't understand how they ever sold tickets.

Present day people within the acceptable boy band stage of life don't have any room to like the Backstreet Boys: artists like Hannah Montana and Hilary Duff have a monopoly over their CD shelves.

The people who are my age (around 19) have long forgotten about the band, which never really made very good music in the first place.

Just for fun, I took a count of my friends on Facebook, and at least a dozen of these people had actually gone to see the concert; that's not including my 17-year-old sister and her closest friends. Even some dudes confessed to going to see them perform.

Did these people actually spend money to go see a band whose album has been chilling in their closets and under their beds for years, collecting dust and embarrassing their owners at every possible opportunity?

The same thing happened earlier this year when the Spice Girls came to town. Everybody and their grandmother bought tickets to dress up like they were shoved into a time machine and sing songs from their childhood. I thought we were over the Spice Girls.

Why are people so in love with bands like the Backstreet Boys and the Spice Girls after all these years of scoffing at them? It's like having a friend who you never really liked become instantly rich, then suddenly jumping on their bandwagon. It's like watching the '90s happen all over again. It's like... it's like hell freezing over.

Maybe people aren't in love with Backstreet again. Maybe there won't be another "boy band revolution."

Perhaps people just needed a trip down memory lane, and an $80 Backstreet Boys ticket was a gratifying way to do that. It could have been easier to look through old photo albums instead.

I hope that in a month from now people will snap out of this weird rekindled love for the Backstreet Boys like some kind of drunken stupor.

If you're one of the people who was in the sold-out arena crowd of the Backstreet Boys concert, please, please explain to me what supernatural force possessed you to buy tickets.

Until then, my mind will keep swimming with the question: How can five silly-looking guys make so much money off of sucking.

Pregnant: the new thin

Trisha Gieni

Does this dress make me look pregnant? I constantly ask myself this question as I browse through the latest trends, deciding what I can and cannot pull off. Normally questioning my appearance of fertility isn't my main concern, but this year's fall look seems to beg for this evaluation.

The Empire waist is back, and with full force. Used throughout time to accent the smallest part of a women's body, below the bust, history is littered with this dress. The Greeks used it in their togas.

The English used it in their royal garments, and let's face it, who hasn't found a dress of their mother's from her flower child days?

In all this time, through all this history, women must have wondered why trends kept making us look pregnant.

Don't get me wrong, I love the idea of getting to eat as much as you want and not having to suck it in when you sit down, but it's a little disconcerting.

Apparently the baby doll Empire waist was originally used in early Greco-Roman days because its loose fabric was cool and comfortable for women, but the name actually refers to the first French Empire. I suppose Paris was a fashion capital back then as well.

In the 15th century, Flemish painters would actually add weight in the stomach region of women to make them look pregnant, even when they weren't. It was a desirable sign of fertility and added a certain femininity to the scene. Many portraits show women gathering material from their dresses and raising it to their stomachs to give the same effect.

The whole concept makes me wonder if we are doing the same thing with this reoccurring style. While looking like Jane Austen characters is always fun, by wearing this trend are we subconsciously flaunting our ability to bear children? It seems a bit far-fetched, but it does make you wonder why it's so popular and cycles through our wardrobes so frequently.

JENNIFER ZHOU GRAPHIC

UVic student Nicky Gillam spent part of her summer learning styling in London, England. When asked about the Empire waist trend, she said,

"For most women, it's a very easy and comfortable option to be 'up to date' with fashion. It is a basic design which can be done from big names to Wal-Mart, so you can pretty much find it anywhere."

It is an accessible style, and simple for those of us who sometimes need something we can just throw on to look fashionable.

It's also great to see so many people looking so stylish this year — at least until the third week of school hits and everyone puts back on their lululemons and UVic hoodies. Maybe the ease of this baby doll design will hold off those sweatpants for a few more weeks.

Whether it is a trend, or a false birth announcement, the Empire waist sure does help a girl leave something to the imagination. The free flowing fabric hides those pieces of pizza I had for lunch, and is one handy way to disguise the ever so attractive butt-crack fad.

For letting me eat without needing a girdle and for hiding the pink thong of the girl who sits in front of me, Empire waist, I salute you.

Divided, green efforts fall flat

Ahmed Mumeni

Carbon tax could be the wake up call we've all been waiting for. Time to give in to 'fad,' turn in our gas canisters and replace them with hemp cars, right? Well, if it helps you sleep at night, sure.

But if you feel that it's time to erase that 'naïve' stamp from your forehead, you may want to take a look around. The grim reality is that we can change our lifestyles as much as we want — until the rest of the world follows suit, change will be slow.

Take China and India, for example, where globalization has hit like a cinder block to the face. What was the former "Third World" is now the "Developing World." And with two countries gunning for more, if consumption hits anywhere near the developed worlds' average, Arabia's teats would be sucked dry in minutes.

I spent part of my summer in Bahrain, an island kingdom in the Middle East. The average driver on the road probably doesn't know the cost of a litre of gas because there are no signs outside a gas station advertising the prices. People know how much it takes to fill up their vehicle, and that's that.

Out of my own curiosity, I looked into the prices. In Bahrain, a liter of premium petrol is around 28 cents CAD. In Saudi Arabia, a liter of premium petrol sits at 16 cents. At those prices, a change in lifestyle won't be seen anytime soon.

Throwing the term "Global Warming" around these parts will get you daft looks.

At 42 degrees Celsius outside, that's a 'nice' day. Places such as the Antarctic and the Arctic might as well be a planet away. Recycling and composting programs are few and far between.

People in the Middle East are not necessarily ignorant, but it's a society that operates in a different manner. Perhaps all this part of the world needs is awareness of the issues, though there's plenty of media to go around if Al Gore is to be given any credit. Then again, who would want to bother with the dreary issues of the environment so long as there are things to buy in mega-malls? After all, the malls are air-conditioned and the thermostat is set at a balmy 22 degrees Celsius.

But a real a solution will not be easy, or as black and white as anyone would suggest. The same arguments the 'green lynch mob' use against those in denial in the western world (guilt tripping us into ways we can change our lifestyles) would only come across as the newest techniques in glue-sniffing in the Middle East.

Let's start with a simple change: turning off your car engine and air conditioner whilst idling. In Bahrain, you would be drenched in sweat within seconds, you would suffer from heatstroke and you would die. It just doesn't work. Now let's go one step further: David Suzuki's

MARC JUNKER GRAPHIC

Nature Challenge. Our favourite green beardy man suggests that we take up public transportation. Public transportation in this part of the world is far from refined, extremely limited and, most importantly, not air-conditioned. We're not talking about I'm-too-hot uncomfortable. We're talking about eventual blood-boiling death here. Who in their right mind would want to put themselves in that position? Oh right, the foreign workers that are brought here to work on the mega projects from developing nations around Asia.

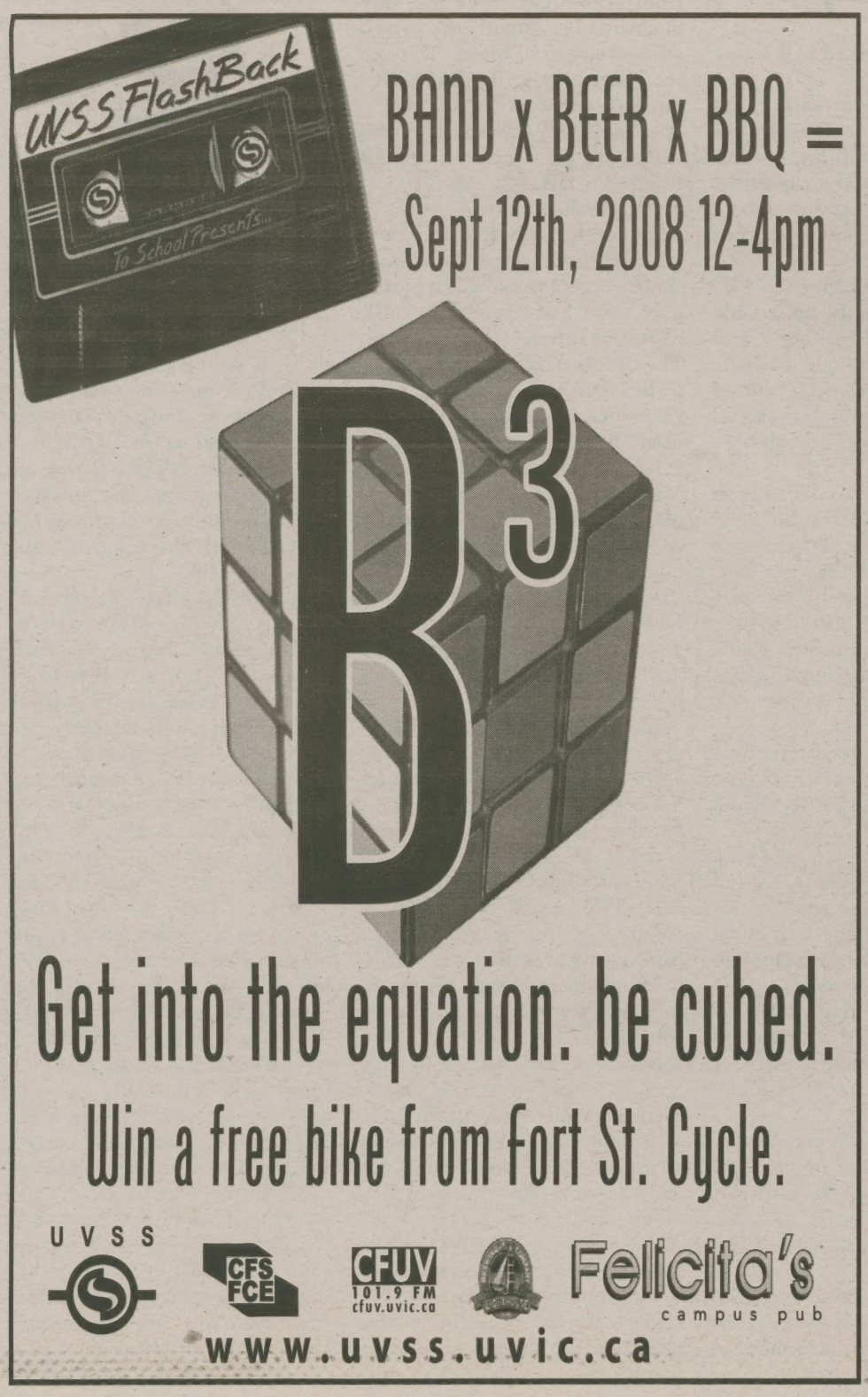
The good news is that because the warmer regions have longer growing seasons, that means food grown locally is plentiful, and in many varieties. Unlike their North American counterparts, farming operations in the Middle East are not as large scale, and so the usage of machinery is that much less. However, I have yet to meet a local Arab who is vegetarian. If I were to ask the locals their thoughts on vegetarianism, I would be looked at as though I were trying to buy chickens with sand.

Closer to home, having worked in Northern B.C. for the majority of the summer, the story is surprisingly not much different. The majority of people who move to the North (whether it be in B.C. or Alta.) do so for the purpose of working in the vast resource industry.

It's a simple matter of economics. People make more money in the mining industry. With accommodations and gas often paid for, that becomes the industry standard, and the way of life.

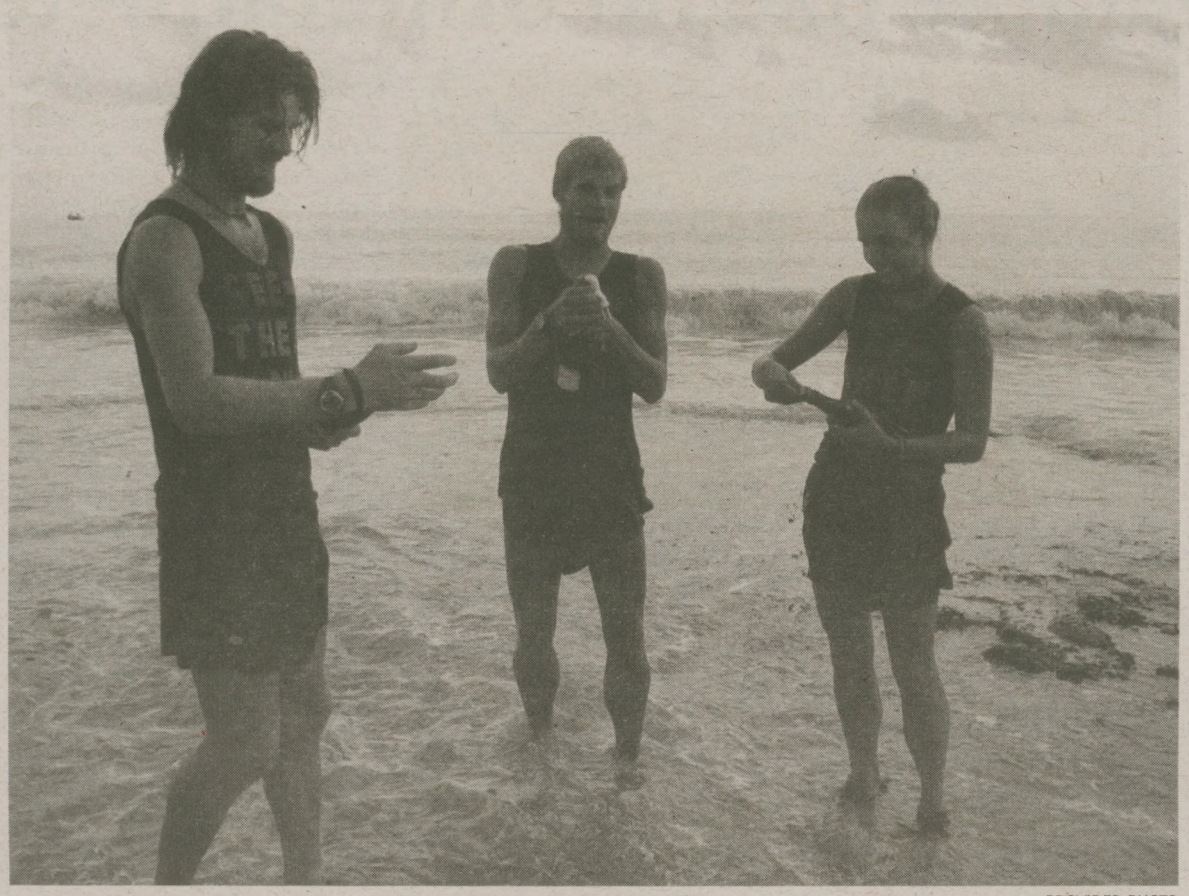
Even gas-guzzling trucks are a necessity in some of the environments I've worked in, not to mention helicopters, tractor-trailers, bulldozers and excavators. The carbon tax, while an annoyance to contractors, will not deter them from multi-million dollar contracts. The reality is that record high commodity prices and a strong global demand for the very resources we have been blessed with in this province have provided us with a stronger economy than the national average.

So go ahead, take out a student loan, thank Campbell for giving you $100 to put towards a used Prius, and sleep better at night knowing that you've made a change in your lifestyle. But don't come back crying when you wake up and realize that your efforts alone haven't fixed a damn thing.



Runners recover after African oddyssey

Will Johnson



PROVIDED PHOTO

Patrick Donker (left), Reuben Jentink (centre) and Erin Van Wiltenberg celebrate upon reaching the end of their four month adventure across Africa, having raised approximately $50,000 for African education.

Running across a continent isn't as easy as it looks.

Okay, so maybe it doesn't look easy. But Whether the Victoria trio of Reuben Jentink, Erin Van Wiltenberg and Patrick Donker was frolicking in the ocean, hanging out with elephants, or running with local children, they always had big smiles on their faces. While running a marathon in stifling heat can't be a breeze, judging by the "See Them Run" blog, jogging across three countries to raise awareness about African education actually seems pretty fun.

From April to August, along with a videographer, a nurse and some support staff, these three adventurers ran across Namibia, Zambia and Tanzania. The group hoped to raise $100 for every kilometre they traversed — dollars that will go towards the African education system: school supplies, new facilities and teachers. It was an epic adventure, and a once in a lifetime opportunity.

Then there was the heat exhaustion, the complications from malaria medication, the stress fractures, the heat and the fatigue. By the time the trio completed their four-and-a-half-month journey, they were more than ready to come home.

"I definitely don't want to run across a continent again," said Jentink with a laugh, during an interview from his home. The UVic student said it was an amazing experience and he's very proud of the $50,000 they raised, but now it's time for some rest. Jentink is taking this semester off.

"I've been sleeping a lot," saidVan Wiltenberg. She had the roughest time during their journey, and gave the group a little scare when she collapsed partway through the trip for uncertain reasons. For a week she had to ride in the accompanying car while her running mates soldiered on without her. She eventually re-joined them.

The entire group got the flu at one point, and Van Wiltenberg got strep throat, but they didn't let that stop them from meeting their 4,200-kilometre goal. On Aug. 28, they returned to Victoria, mission accomplished.

"It definitely was a little crazy, but we're really happy with how it went," said Jentink.

"I'm pretty sore," said Donker, who hadn't planned on running when he decided to go on the trip. At the last minute he decided to run, and he said he was glad he did. His favorite experience was seeing elephants firsthand.

"We went 30 days without seeing any animals," Donker said. "Then we got into this park near Tanzania, and there's this herd of elephants. We just stopped in our tracks. These two-tonne beasts are just walking across the road. That's when we knew we were in Africa."

Both Jentink and Van Wiltenberg fondly remembered the children that would run alongside them. Many had never seen white people before, and were intrigued by these pale, sweaty visitors.

"We were running to help people," said Van Wiltenberg. "So to actually see them there, in their bare feet, running alongside us ... was pretty rewarding."

Some residents were so startled by their presence, Donker said women carrying big bales of hay down the road would drop them instantly to gawk and stare.

Van Wiltenberg said it's hard to adjust now that she's returned back to UVic, where she is studying physical education.

"I wouldn't call it culture shock, but it's just a totally different lifestyle," she said.

Jentink shared that sentiment, saying it's weird to think about the lives of the Africans they left behind in comparison to the luxury of Canada.

"People get up to walk five to seven kilometres to work every day — that just wouldn't happen here. But there it was totally normal," he said.

All three are very proud of their work, though they said it tested their endurance and was a long, punishing experience. Donker said though it was physically exhausting, the harder part was the endless repetition of running for days on end.

"I had a good time, but it was a big, big, big commitment. Mentally it just drained you," he said.

The trio is still collecting donations and sponsorships, and soon they will hand over their earnings to three charities: Engineers Without Borders, Rooms to Read and the African Medical Research Foundation. For more information, visit www.see-them-run.

WHAT'S ON

- UVic swimmer Stephanie Dixon has a shot at multiple medals this weekend at the Paralympic Games in Beijing.Dixon swims the 400-metre freestyle on Friday, an event for which she is ranked second in the world. On Saturday, she swims the 100-metre backstroke, in which she is the top-ranked athlete in the world. She also swims the 50-metre freestyle on Sunday.
- UVic's women's field hockey team hits the road this weekend for two matches against the University of Calgary
- UVic's men's and women's soccer teams each have matches Saturday against Trinity Western University, a private Christian university in Langley. On Sunday, both teams play the University of the Fraser Valley.
- UVic's golf team heads to Colorado for the Wayland Baptist Peaks Classic on Monday and Tuesday.

SCORES

Men's soccer
UVic 3 vs. Sask 2 (Sept. 7)
Alberta 2 @ UVic 1 (Sept. 6)

Women's soccer
UVic 8 vs. Sask 1 (Sept. 7)
Alberta 2 @ UVic 1 (Sept. 6)

DIVE-IN MOVIE
Wednesday, Sept 17
at 10:00pm
"Point Break"
Oak Bay Recreation Centre Pool
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.recreation.oakbay.ca
Recreation Oak Bay

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Oak Bay Recreation Centre
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Recreation Oak Bay

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www.coopcareerfair.com
Business: September 17, 2008 from 10am – 3pm
Michele Pujol Room, Student Union Building
Hi-Tech: September 15 and 16, 2008 from 10am – 3pm
Lobby, Engineering Lab Wing
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RESEARCH ROUNDUP

Golfers gamble like no other athletes: study

David Karp

As the university sports season gets going, academics are also prepping for a chance to garner new research data.

University students make particularly convenient subjects for sports studies because of their proximity to professors. That's the case with the first study in this week's Research Roundup.

PHOTO COURTESY OF MARY R. VOGT/MORGUEFILE

A summer study found golfers are particularly likely to gamble.

Tossing the dice

Wanna bet? Chances are a golfer does.

A study in the July issue of the Journal of Applied Sport Psychology found that male golfers, hockey players and baseball players in college were more likely to gamble on a weekly basis and develop gambling-related problems than other student athletes. Runners (both track and cross country) were least likely to gamble. Among females, golfers were the only athletes who had relatively high gambling rates.

The study used data from a 2003 survey of more than 20,000 NCAA athletes, and found that student athletes tended to gamble less than the average college student, but were three times more likely to gamble weekly.

The authors, three of whom are from McGill University, were surprised and concerned by student golfers' tendency to gamble.

"Because of the individual nature of the sport, the camaraderie between golfers is likely different and they may have less opportunity to vent their fears and frustrations among other golfers," the study noted. "Alternatively, it could be related to the culture of this sport. Wagering on golf games is quite common amongst friends."

Look out for sports drinks

The next time you're thinking of buying a sports drink, you might want to save the toonie. A new study suggests you can improve your endurance simply by looking at a bottle of Gatorade.

Researchers in New York performed three experiments on university students to test how looking at a sports drink affects endurance, as detailed in an article to be published in Psychology of Sport and Exercise in November.

In one experiment, students stared at a square for as long as they could without blinking. Then, students stared at a bottle of lemon-lime Gatorade without blinking for as long as possible. Finally, participants stared at the square again for as long as they could. After staring down the sports drink, participants held out 12 seconds longer on average than the first time they stared at the square.

The researchers tried the experiment again, this time removing the labels from the Gatorade bottle. Participants still held out almost six seconds longer after viewing the sports drink. In both experiments, a control group stared at a bottle of water instead of Gatorade, which made their performance worse.

In a third experiment, participants did a leg lift after staring at Gatorade or water. The ones who stared at Gatorade kept their leg raised for more than twice the time as the ones who stared at water.

But while the study found that viewing a sports drink has positive benefits, it is still possible that actually drinking a Gatorade would have further benefits.

"It is not yet known whether viewing a sports drink bottle can have an influence on behavior over and above any physical effects that the contents of the bottle might impart," the study said. "The positive influence of sports drinks on endurance that many athletes report may be both 'real' and 'all in their head' at the same time."

Brotherly influence

Boys with an older sibling are more likely to play football than other boys, a study in the June issue of the Economics of Education Review found.

The paper by four American authors looked at participation rates of almost 25,000 Grade 10 students in extracurricular activities and found that little brothers were more likely to do sports but less likely to do music, dance or art.

The study found girls who had an older sibling were less likely to take up extracurricular activities in general.

"Although researchers have hypothesized that older siblings play a protective or nurturing role in the lives of their younger brothers and sisters, our results suggest that this view is too simplistic," the authors wrote. "Only in the case of male sports participation do we find evidence to support this hypothesis."

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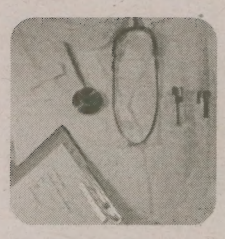
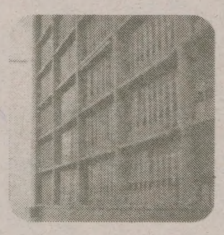


OMSAS www.ouac.on.ca/omsas/
Ontario Medical School Application Service
September 15, 2008: Last day to register for online applications
October 1, 2008: Application deadline

www.ouac.on.ca/olsas/ OLSAS
Ontario Law School Application Service
November 3, 2008: Application deadline – First year
May 1, 2009: Application deadline – Upper year



TEAS www.ouac.on.ca/teas/
Teacher Education Application Service
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Big expectations for young Hirayama

Andrew Smith

Nathan Hirayama has represented Canada and has been to the highest level of competition, but the world has yet to see him in real action.

The young Vike has played for a number of National Team Divisions, stemming from an introduction to rugby in the eighth grade. His quick hands and clutch kicking have made him a threat to be reckoned with on the international circuit.

Hirayama's decorated career began in Richmond, B.C., where he began playing at fly half. By grade 10 he was representing B.C.'s Under-16 provincial side, and was well on his way to playing for Canada in the Under-17 division.

In October 2007, Hirayama was the youngest Canadian in rugby history to travel to the IRB Rugby World Cup. While he may not have played during the tournament, he watched the highest level of rugby from the sidelines in an intense atmosphere.

Despite becoming a contender for a starting position, Hirayama described his teammates as being "very supportive." It was difficult to watch from the sidelines, he said, "but it was a great experience just being in that environment."

UVic Coach Doug Tate scouted Hirayama during provincials when he played for Hugh McRoberts Post Secondary School. After choosing between UVic and UBC, Hirayama said: "I made the right choice. If you're a [rugby] player in B.C. and you want to get better, playing on the Island is the best place to be."

Balancing national rugby and university courses can be tough, but with supportive professors and a part-time class schedule Hirayama has excelled while playing for the Vikes.

Hirayama's performances in 2007 saw him help retain the IRB North American 4 Canada West Title, and compete in the English Barclay's Churchill Cup. After watching him play, Geraint John, Rugby Canada's High Performance director commented on Hirayama in saying, "he is a player that we believe has a great, great future ahead of him."

Since he stormed onto the international circuit, Hirayama has played his club rugby through UVic. As a fly half, his position links the back line to the forward pack.

This position requires an enormous amount of composure and ability to respond in dire situations. It's this composure that has received Hirayama international recognition.

UVic's style is to play the ball to the wing with one of the fastest back lines in the Island League — a style that fits the young fly half nicely. As Hirayama says: "its fun to throw [the ball] around a bit and use the back line."

With an arm injury picked up over the summer in an Under-20 International match, Hirayama believes he'll be fresh for the upcoming season.

His first opportunity to show his skills will be against rivals and defending Barnard Cup champions in an exhibition match on Sept. 13.

PHOTO COURTESY OF ARMANDO TURA/LIGHTCRAFTERS

UVic Vikes fly half Nathan Hirayama was the youngest Canadian to ever play at in the Rugby World Cup.

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- Roy, R., Potter, Yarrow, K., and Smith, M. (March 2005). Towards Sustainable Higher Education: Environmental impacts of campus-based and distance higher education systems. Design Innovation Group, Factor 10 Visions project: Higher Education Sector.

Living with ADHD

Attention isn't just for kids anymore

By Jennifer Gait
Illustration by Marc Junker

In elementary school, Cindy Brown slept little, talked a lot and impulsively blurted things out in class. To keep her focus and stay in her seat, she would collect her classmates' erasers and clean them while the teacher was talking. After school, her parents dealt with their daughter's hyperactivity by keeping her busy.

"I was in Explorers, choir, swimming and lifesaving," says Brown, now a sessional instructor and a PhD student in Educational Psychology at UVic. "I took piano, guitar and trumpet lessons, played piano for a dance class and was a Candy Striper."

Although Brown's parents and teachers did not pick up on it then, Brown had Attention Deficit Hyperactivity Disorder (ADHD), a condition which affects five to 10 per cent of children and two to six per cent of adults in Canada. The disorder occurs across all levels of intelligence and all types of people, though symptoms sometimes go unheeded.

Brigit O'Leary, a 55-year-old off-campus UVic master's student, was both an inattentive dreamer and an impulsive soccer-playing tomboy in elementary school. Like Brown, but unlike many ADHD children, she had no difficulty with socialization — though all her friends were boys.

"I had difficulty mixing with girls," O'Leary says. " I could not pick up on their social cues."

Although both Brown and O'Leary had the classic signs of ADHD (inattentiveness, impulsiveness and hyperactivity), they were not diagnosed until they were mature adults.

Classified as a neuropsychiatric disorder, ADHD has been recognized in children for over a century, and in adults for 20 years. Sixty per cent of affected children carry the condition into adulthood, but only about 15 per cent of these adults have ever been diagnosed. One reason for this may be that symptoms manifest differently at different stages of development and may not be recognized. Childhood hyperactivity tends to morph into an inner restlessness by adulthood and may then be shown by fidgeting or excessive talking rather than by climbing the furniture.

But not all people with ADHD are hyperactive or impulsive; girls especially may be only inattentive. Due to this, many prefer the old name for the condition, Attention Deficit Disorder.

Yet everyone with ADHD will have some symptoms of inattention, because they lack the ability to regulate focus. Typically, those with the condition hyper-focus on things that interest them, but cannot focus on difficult or boring tasks (however important) that don't hold their attention. "Zoning out" during long conversations or complex instructions, interrupting or impulsively changing the topic are common behaviours.

Both Brown and O'Leary did well academically in high school, though neither actually spent time studying. O'Leary only attended school on the days that that she had band practice, while Brown attended school regularly but found hyperactivity to be a major challenge.

"I used to find excuses to leave the classroom, and I was always talking to my friends," Brown says. She also developed an ongoing passion for fast driving — an activity many with ADHD use to stay focused.

After graduation, O'Leary found herself taking on a series of jobs that suited her ADHD traits, including working with street kids, coordinating St John's Ambulance in Saskatchewan and fund raising for a non-profit organization. Meanwhile, Brown entered university; one of the many students who do so before anyone suspects ADHD is a problem.

Dr. Patrick Lydon, a Victoria psychiatrist with training and experience in diagnosing adult ADHD, says that university often becomes the breaking point that reveals the disorder.

"It's only when [people with ADHD] get to university and the curriculum becomes more difficult that they face the problem that they are unable to keep up with their peers in class," says Lydon. "Maybe they are managing, but they have to work twice as hard as other students because they can't remember, they get distracted and they can't retain details."

Brown graduated from the University of Calgary with a degree in education, but was on probation in her first year due to poor marks.

"I didn't know what study was all about," Brown says. "And I was having a really difficult time sitting through my classes."

Many first-year university students go from being supervised by parents to having total independence, while simultaneously having to perform at an academically higher level. But, like Brown, those with ADHD do it with a brain in which the areas used for sophisticated cognitive functions are having significant problems that can cause (sometimes insurmountable) challenges.

ADHD and the brain

Once thought to be a behaviour problem, ADHD is now recognized as stemming from a biological cause.

Research has shown several differences in the brains of those with ADHD compared to those without the condition, including the fact that ADHD brains have lower levels of dopamine — a hormone involved in transmitting messages between nerve cells.

Insufficient dopamine prevents the "executive centres" in the brain's frontal lobes from functioning effectively. As the name implies, these centres act like the executive of a company who decides on a course of action, plans, organizes and executes it, then learns from the result — areas where many with ADHD have trouble. The executive centers are also responsible for "working memory," which allows people to hold information in the memory long enough to understand it and to carry out cognitive tasks like writing essays and working on complex math problems.

Other executive functions include controlling emotions, judging time and inhibiting behaviours thought to be inappropriate. The inability to inhibit directly causes the core ADHD symptoms of impulsivity, hyperactivity and inattentiveness.

What many aren't aware of, however, is that ADHD is an inherited condition. Parents or siblings of someone with ADHD are five times more likely to have the condition. Genes governing the level of dopamine in the synaptic space where messages are passed between nerve cells are believed to be the inherited factors. But genes are not destiny; the interaction between genetic makeup, experience and environment can determine whether a gene is expressed or not, though this remains a relatively unexplored area in ADHD.

ADHD as a disorder

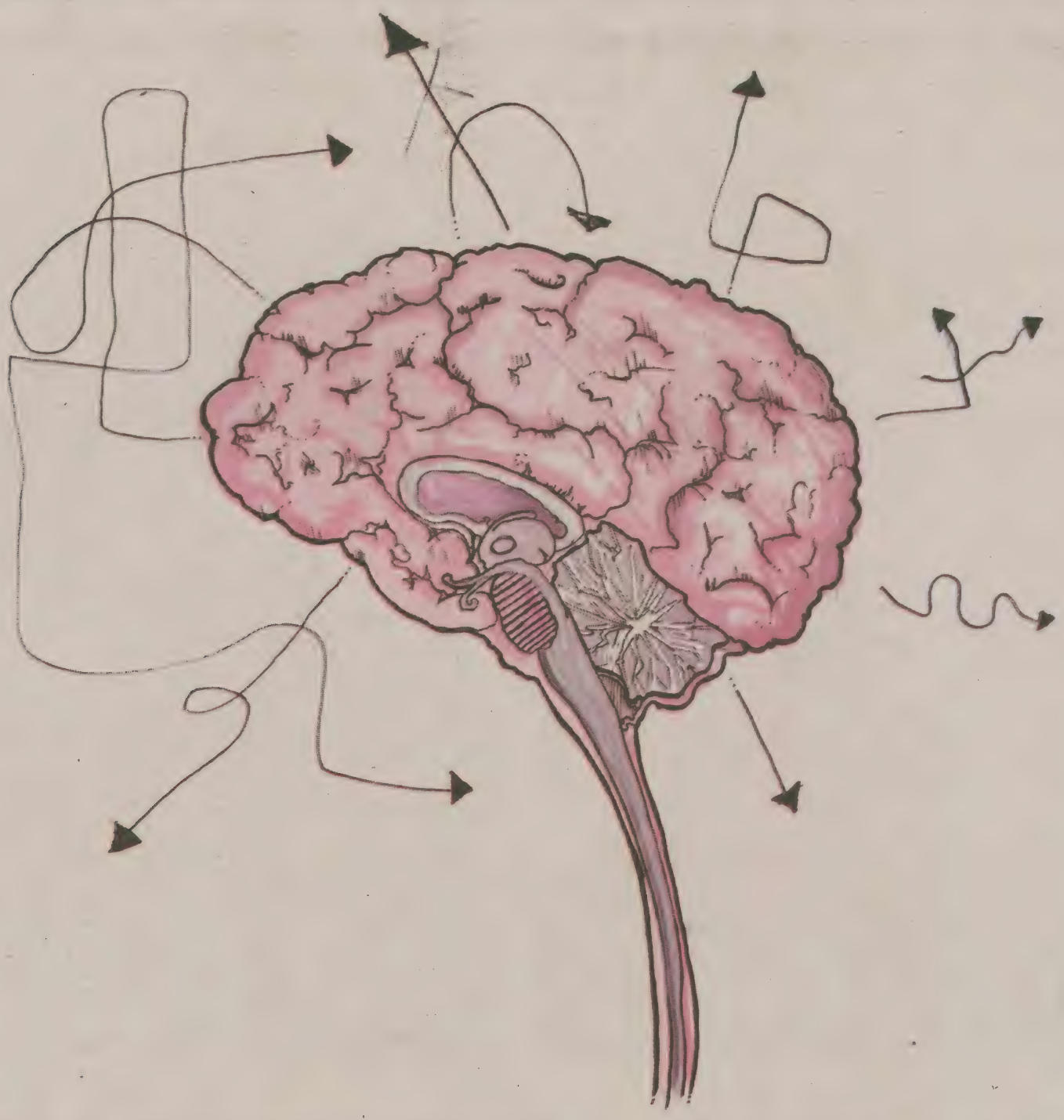
While most professionals term ADHD a disorder, Drs. Edward Hallowell and John Racey, co-authors of Delivered From Distraction: Getting the Most Out of Life with Attention Deficit Disorder, believe that people should see ADHD as a collection of traits and tendencies that define a way of being. The authors point out that there are positive aspects to this way of being, and it's only when the negatives become disabling that ADHD becomes a disorder.

Brown and O'Leary have both experienced many times in their lives when their ADHD was not disabling. Brown successfully taught in elementary school and loved it. She still enjoys the mix of consistency and variety in her present job. O'Leary was a project manager in an educational institution in Vietnam, and thrived on the stimulation of constant problem solving.

"I've always been a Tigger," says O'Leary, alluding to the character in A.A. Milne's *Winnie the Pooh*. "I'm bad at mundane things."

O'Leary's master's degree in education turned out to be mundane for her. The structure of the off-campus program (six to seven hours of class one Saturday a month and four concentrated weeks of classes each July) was too much for her ADHD brain to manage. Organizing her thesis was beyond her.

Many with undiagnosed ADHD don't see their traits as positive. As they grow up, the cumulative effect of their difficulties trying to live in a society that does not value their way of being can lead to depression, anxiety and low self-esteem. Many self-medicate with cigarettes, alcohol, drugs or other means. Meanwhile, criticism and stigma only add to their burden.



"Even those who appear to be doing well are often doing so at the expense of constantly working to control their ADHD-related behaviours," says Lydon. "Trying harder doesn't work. Willpower will not correct your vision if you need glasses, and willpower will not correct your ADHD."

Diagnosis in adults often comes about when, like O'Leary, they can't meet expectations, they tire of the constant struggle, or, as in Brown's case, when their child is diagnosed with ADHD.

The ADHD diagnosis

To receive a diagnosis of ADHD people must meet the diagnostic criteria set out in the DSM-IV-TR, the latest edition of the Diagnostic and Statistical Manual of Mental Disorders.

"The whole thing about Adult Attention Deficit Disorder is that it is a condition of childhood," said Lydon. "One of the criteria for the diagnosis is that there must be evidence of the problem before the age of seven — that to me is a very critical thing."

There must also be a certain number of symptoms, which must be disabling in two or more settings (home, work, or school, for example) and must clearly interfere with developmentally appropriate social, academic or occupational functioning. In addition, these symptoms should not be better accounted for by another mental disorder.

Other conditions that commonly occur with ADHD, and can complicate the diagnosis and treatment, are depression, anxiety, bipolar disorder, oppositional and conduct disorders and substance abuse. At least one of these additional conditions appears in about 50 per cent of adults with ADHD.

Learning disabilities and post-traumatic stress disorder (PTSD) are also common. O'Leary has both.

But diagnosis is generally a relief for adults with ADHD.

"I realized why I could not do things that others seemed to find easy," says Brown, who was able to become more accepting of her way of being, and learned to ignore those who judged her.

ADHD treatment

Treatment for ADHD is decided by the physician and patient together, taking any other conditions into account. Drugs used in treatment include short or long-acting stimulants (Ritalin, Dexadrine, Adderall or Concerta), non-stimulants (Strattera), or certain anti-depressants.

The stimulants used to treat ADHD increase the amount of dopamine activity in the executive regions, allowing these centers to inhibit inappropriate behaviours. Stimulants that would rev up non-ADHD people allow those with ADHD to sit still and focus.

Eighty per cent of people medicated for ADHD experience a reduction of symptoms if drugs are taken regularly, but ongoing follow-ups are required to monitor the response to the drugs and to identify any side-effects. Psychological treatments combined with medication are believed to produce the best outcomes.

"ADHD is very treatable," says Dr. William Dyson, Director of UVic Student Health Services. "In those instances where medical treatment cannot or will not be done, improvement can also come as a result of understanding the condition and modifying the environment and expectations."

Brown, who decided against treatment, developed her own strategies to reduce her symptom-related problems. She uses several memory techniques and does cognitive work late at night to avoid distractions from outside noise. Whenever possible she delegates the tasks she finds difficult, and organises to suit her needs — not for looks.

"It seems like chaos," she says, referencing the piles of paper on her home-office floor. "But it's organised chaos — I know exactly where to find things in those piles."

Additions to treatment:

Diagnosis, understanding ADHD and treatment for the condition are all important, but are often not enough to hold symptoms completely at bay.

Nourishing the brain helps to improve function, so for those with ADHD a nutritious diet with few (or no) fast foods is important. Many find that supplementing Omega-3, an essential fatty acid important to brain function, can also help reduce or prevent symptoms. Regular physical exercise also promotes sustained attention, and lessens depression and anxiety.

O'Leary, a Buddhist for 20 years, finds that both meditation and spending time in nature helps her to focus and calm her mind. Both she and Brown are connected to respective circles of supportive and non-judgmental friends — a vital element in building self-esteem for those with ADHD.

Playing to positive traits rather than trying to change negative ones is also essential, so finding a job or academic program that has variety and stimulation is critically important to success. After all, sailing with the wind, rather than into it, makes for a more enjoyable journey.

Help on campus:

Laurie Keenan, the director of the Resource Centre for Students with a Disability (RCSD) says their centre is a place for any student with an illness or condition that acts as a barrier to achieving their academic potential.

Most of the 71 students with ADHD registered with RCSD arrived on campus knowing their diagnosis. Following an intake interview with Keenan, RCSD assists them with classroom or exam accommodations, or with applications for Canada Study Grants. These grants help pay for assessments, tutoring services and assistive technology to help students with focus, organization and planning. Keenan says most students do well.

"As a rule, students with ADHD are not particularly prone to dropping out," says Keenan. "If you have actually managed to get into university with ADHD, your coping strategies are already pretty good — usually you just need a few more of them."

RCSD also offers the Peer Learning Strategist Program, which helps students learn new strategies to build on their learning style. Students first meet with the program coordinator to assess their suitability, then meet with their assigned strategist (one of UVic's masters students in learning-related programs) once or twice a week to develop individualized strategies that will help the students achieve their goals.

"The beauty of this is that you give [students] the tools," says Noha Turek, a strategist who has worked with four students since the program started in 2004. "It's like a mother walking with a child, holding its hand until it can walk by itself."

For students who suspect they have the condition, Health Services on campus can diagnose ADHD and rule out conditions with similar symptoms, as well as helping athletes who may face conflicts with prescribed medication for ADHD.

ADHD — a way of life

In his time with Health Services, Dyson has observed numerous successes following the diagnosis and treatment of patients with ADHD.

"We have seen many students saved from severely underperforming or even dropping out of university, then go on to perform academically at the highest levels on recognizing and then treating this condition," he said.

As a result of the help O'Leary received from Health Services, the RCSD and stimulant drugs, she decided to abandon her thesis and work towards completing her master's project, a DVD about adult women with ADHD. She hopes to then move onto something where her ADHD will be an asset.

Brown and O'Leary both say they've been helped tremendously by their diagnosis and learning about ADHD, but both women still have to work considerably harder than their peers to achieve the same results.

"I'm a slow marker," says Brown, referring to a pile of student papers left to grade. "I have to read each page several times."

But Brown does not see this extra work as unfair.

"After all," she says, "I'm used to it. It's all I've ever known."

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Copyright be damned says campus group

Students Against War share books and coursepacks in new textbook library

Kat Eschner

Students Against War (SAW) is offering a new and controversial response to the rising costs of education: a "Books Not Bombs" textbook library.

Located in the Vancouver Island Public Interest Research Group (VIPIRG) office in the basement of the SUB, the library offers students the opportunity to sign out textbooks. In order to participate, students must fill out index cards with their contact information, and return the book within a day's time.

Shannon Lucy from SAW said that the loan time may seem short, but what students do with the books is up to them.

"We're not going to tell you not to photocopy it," said Lucy. "We know students are deeply in debt, so if photocopying is the way they want to go [they can] ... or they could take out the book repeatedly."

Lucy also explained that the short lending term allows other students to make use of the textbooks as well.

The group also produced approximately 100 coursepacks at their own cost, which were then distributed for free to students from various faculties.

"We bought originals and distributed copies," said Lucy. Funding for this enterprise came from "anonymous benefactors" and a small stipend which SAW received from the UVSS.

"It's very new. We don't even know of any other campuses across the country who have done anything similar," said Lucy. "We were horrified by the recent Liberal cuts to education; we wanted to make education accessible to everyone. We don't want the so-called 'poverty draft' of students turning to the military to provide their education for free, because education costs are going up and up."

Though the unconventional program is new this term, Lucy has said student reaction has been "extraordinarily positive," and received great attention during the President's Day welcome barbecue.

"People thought that we were handing out the books for free, but they were even more stoked when they found out that we were lending them out as direct protest to rising education costs," Lucy said. "We must have talked to hundreds of students who were interested."

Bill C-61, tabled in Parliament last June, called for a modernization of the copyright law, specifically pertaining to Internet and online downloading. This would make the links on the SAW website to torrents where textbooks can be downloaded illegal. Currently, duplicating most textbooks without publisher permission constitutes a copyright violation. This information can usually be found on the copyrights page of textbooks.

KAT ESCHNER PHOTO

The SAW library will save some students from buying course material.

"I think what the publishing companies are doing is far more 'stealing' than providing the textbooks to students at this point," said Lucy. "Education should be a right, so if we're helping students access materials for free, then education becomes more widely accessible."

Cotton swabs evicted from bathrooms

Lynda Pupo

Cotton swabs generally stored in bathroom medicine cabinets are often used for daily ear cleaning, so why do the manufacturers warn not to use them for that purpose?

Turns out they're more dangerous than you'd think.

After a Canadian man died two days after puncturing his eardrum with a swab, Health Canada pushed for stronger warnings again the fuzzy-tipped tools.

The cotton swab itself did not kill the man, but it was the cause of the severe bacterial infection that grew millimetres from his brain.

Serious stories like this have occurred more than once, leading cotton swab companies to place warning images or phrases on their merchandise.

Instruction labels that do mention the cleaning of an ear are carefully written, stating that the swab should be warm, moist and only used externally.

The swab is well known in medical practice for taking bacterial cultures, carefully applying medication and even cleaning ears.

It's at home that buyers are stumped. To help counteract the confusion, Q-Tip (a top cotton swab brand) created a website demonstrating how to apply make-up with the tool.

According to the company, the cotton swab boasts perfect accuracy when applying to eyes, face and lips. The site even discloses celebrity tell-all tips.

But personal use is not the only thing a cotton swab is good for these days.

The fluffy sticks have branched out to camera lense cleaning, craft decorating and the no-longer tedious task of cleaning the good silverware.

If a person isn't creative enough to manage the new ideas, they can be found online with helpful hints, photos and email links.

You may have to live with dirty ears, but thanks to new health regulations, at least you can have the sexiest smokey eyes while precisely gluing together a model train.

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wellu.uvic.ca

CBC Radio 2 moves classical online

By Andrew McMonagle
THE UNITER

WINNIPEG (CUP) — Changes to the CBC's Radio 2 lineup came into effect this week, with a decrease in classical music and hopes to appeal to a younger crowd.

The station's classical content was reduced from an average of 12 hours per day during weekdays to an average of five hours. The change has upset some listeners.

"I loved the old Radio 2 — note past tense. I am disappointed, sad, frustrated, angry at your ignoring of the protests of loyal listeners," said blog commenter Formerlistener.

In addition to the changes to Radio 2, CBC is launching three new web-based stations — one that will only play classical music.

"Current listeners can take comfort in the fact that classical will remain the most represented music genre on Radio 2," wrote Jennifer McGuire, the executive director of CBC Radio, in a blog entry from early April.

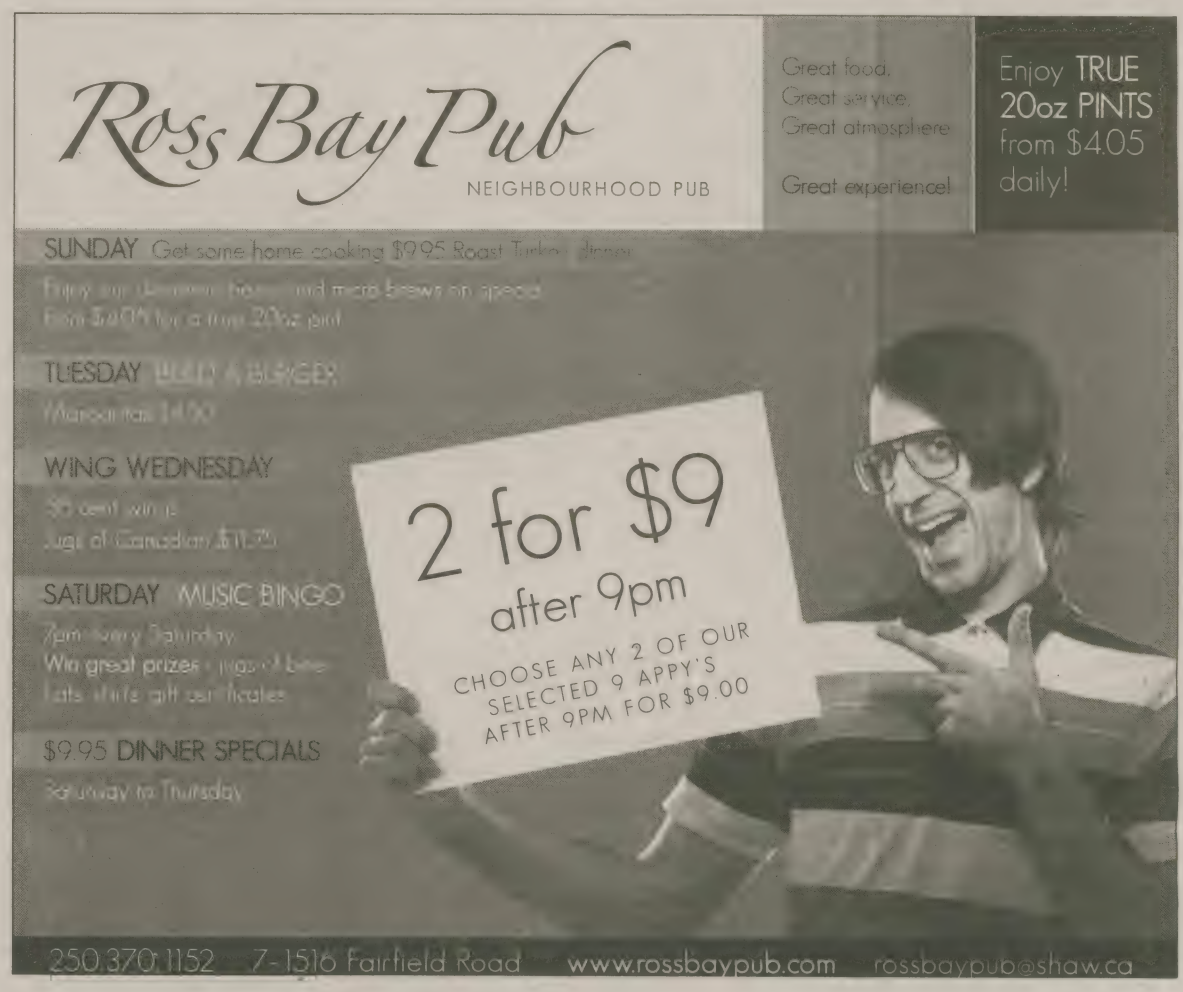
"Radio 2 does not belong to one genre, one constituency, one taste. It's a reflection of the musical community that defines who we are as Canadians," she continued.

Critics are worried Radio 2 will deter younger listeners from classical music by reducing its play.

As portable music technology blossoms, younger people are more likely to listen to digital music rather than content from the radio.

CBC acknowledged this trend by revamping the Radio 2 website last March to include more music on demand programming and streaming audio.

"We knew that the changes we proposed would be difficult," said Jeff Keay, head of media relations at CBC. "People expressed concerns that the content is being dumbed down . . . [but] the Radio 2 brand is one that has always showcased creative and intelligent shows."



UVSS SUB STRIKE INFORMATION

The UVSS and the SUB workers are in the midst of negotiating a new collective agreement. An impasse was reached over wages and after less than half a day of mediation, the union decided to strike.

- The UVSS is waiting at the table and ***urging*** the union to come back and resume negotiations.
- The UVSS believes in giving SUB workers a raise, but we cannot afford a $290,000 increase after two years. The wage demand that the union currently has on the table would mean $11.45 for general student staff in the first year and $12.95 in the second year.
- The UVSS is a non-profit society funded by students. Wage increases will be paid for by students in the form of increased prices, membership fees or reduced services.
- The UVSS has made a wage proposal of 3% for student staff, excluding those who earn gratuities, and 1% in the second year. This means that the general student staff is offered $10.25, excluding those who earn tips. This proposal will cost $62,000 after 2 years.
- With the UVSS proposal, SUB workers would see a 78% increase in wages since workers unionized in 1989, while inflation will have gone up by only 50% in the same time.

The UVSS would like to resume negotiations for more offers, but the Union must be willing to move on their unaffordable demands.

ADDITIONAL INFO

- The SUB is behind a picket line, but the SUB is open 8am-5pm Monday to Friday for Study Space.
- The SUB Info Booth is open 9am-4pm for U-Pass and Health and Dental Administration, Room Bookings and access to the Emergency Food Bank.
- ZAP! Copy is open 9am-4pm for self-serve photocopying and printing. Copies are still only 5 cents!
- You can opt-out of the Health and Dental Plan online at www.uvss.uvic.ca/healthanddental
- Please see the Members Advisory at www.uvss.uvic.ca for more information
- If you have additional questions, please contact Caitlin Meggs at chair@uvss.uvic.ca

Come back to the table and let's end this strike together!

Joining a club: an adventure in itself

Samantha Magnus

With UVic's Clubs Days moved to the Petch Fountain, clubs may have a hard time recruiting members.

The three-day event (where students get to meet club members, pick up pamphlets and sign up for e-mail lists) is normally hosted in the SUB's Michèle Pujol room. This semester, students looking to join campus clubs may need to show a little more initiative. Here are a few search strategies:

Google

Many clubs have their own websites. The keywords "UVic" and "Club" pull up a nice list, but smaller or newer clubs without sites won't appear. Clubs that don't use the word "club" like Musika (a club for connecting musicians) require a little more search-engine engineering.

Vikes Recreation

For sports or outdoor activity clubs, try plugging keywords into the search bar on the Vikes' Recreation website: vikesrec.uvic.ca. The site is still under construction, but you can follow the links to onlineca.activecommunities.com/vikesreg for a solid list of 27 Sports and Recreation Clubs (everything from Ultimate Frisbee to synchronized swimming) under the "Activites" heading.

Facebook

Facebook searches are more hit-and-miss. "UVic" and "Club" bring up a lot of unofficial groups as well as the active ones (116 hits in all). However, groups such as The Debate and Dialogue Club (or even the Simpsons and Family Guy Club) might blossom into full-fledged UVSS clubs with enough interest, and could be worth checking out.

UVSS Website

The list of clubs posted on the UVSS website may seem like the best information source, but it's nowhere near complete. The "Student Life" section contains a list of more than 90 clubs, but is missing some perennial favourites like the Aikido, Kayak and Outdoors Clubs. Contact information may also be out-of-date, as it doesn't appear to have been updated for this fall's semester. However, past presidents are typically happy to forward any inquiries to the new people in charge.

Interfaith Chaplain Services

Spiritual clubs are often associated with university chaplains, which can be found at the Interfaith Centre on campus. Clubs affiliated with Interfaith Chaplain Services are listed on the website web.uvic.ca/interfaith, under "Faith Groups" for those with a chaplain, and "Student Groups" for those without. However, this doesn't include all religious student groups, but the Interfaith Centre front desk has contacts for any spiritually-oriented clubs.

A friend of a friend of mine...

You may end up finding your new favourite club by word-of-mouth – and never underestimate the power of eavesdropping.

Cork and Cement

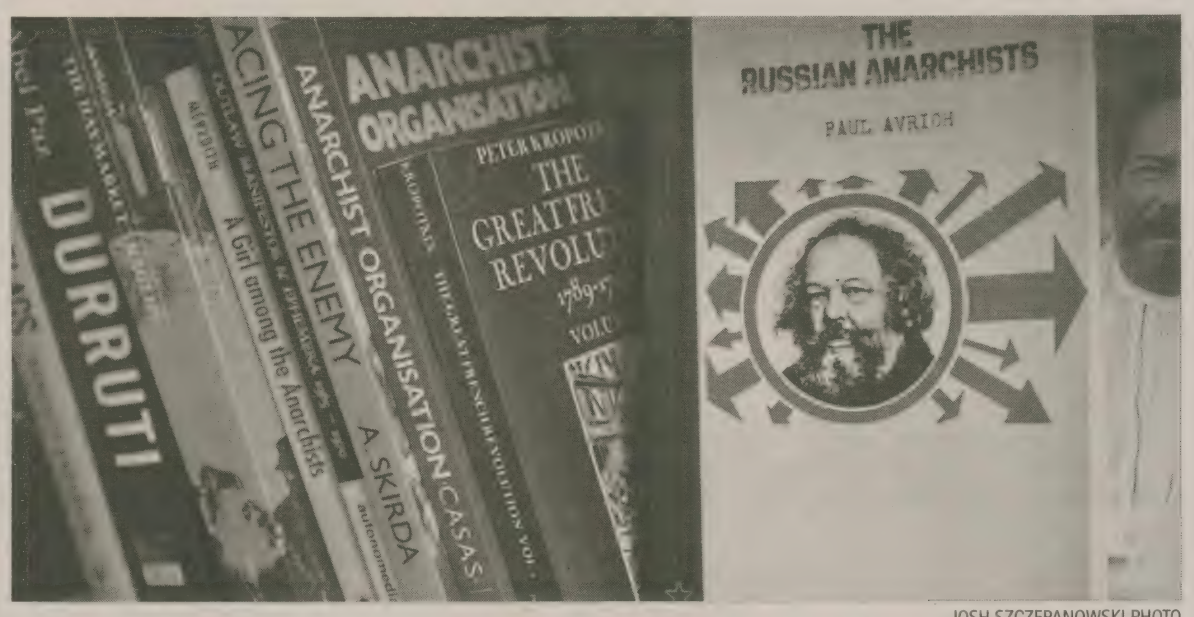
Watch the bulletin boards around UVic for information about club meetings or special events. It's a great idea to take a wander and find the specialty boards which might cater to your interests. In the SUB, there are themed bulletin boards for sustainability, gender-related and other special interests, but they're not likely to be updated while the strike continues. Don't forget to look down once in a while, as some clubs advertise with sidewalk chalk.

Other networks

Clubs also advertise through related networks and societies. For example the Hua Ren Club for students interested in Chinese culture and the Japanese Theatre Club, are known through Chinese and Japanese networks in Victoria. If you are researching opportunities for a particular interest or hobby in Victoria anyway, you should find out sooner or later if there is a UVic club for you.

The Martlet

When clubs make the news or list events in the back pages, you'll find out about them here. Stay tuned for upcoming club profiles.



JOSH SZCZEPANOWSKI PHOTO

The Anarchist Bookfair running from Sept. 13 to 14 is the the prime place to find rare anarchist literature.

Read like an anarchist

What: The third annual Anarchist Bookfair
Where:the Victoria Cool Aid Society (755 Pandora St.)
When: Sept. 13 - 14

Adam Reese

Looking for a little controversial fun? The third annual Anarchist Bookfair opens this Saturday, and promises a jam-packed slate of entertainment.

Workshops begin at 11:30 a.m. and run until 5:30 p.m., with discussion topics ranging from "Founding and Maintaining Co-ops" to "Anarchy is for Lovers: Applying anarchist principles to interpersonal relationships."

The happenings continue on Sunday from 11:30 a.m. to 5:15 p.m. Among topics up for discussion are "Fermenting Revolution With Pickles" and "Indigenous Resistance: The anti-Olympics struggle."

Two members of the Victoria anarchist collective have strong connections to UVic. Allan Antliff holds a Canada Research Chair in art history at the university, and in 2006 founded an anarchist archive that resides in special collections at the McPherson Library.

"[The bookfair] addresses contemporary concerns, such as ecology, gender, arts and political theory," said Allan.

UVic student Jessica Ziakin is a member of the anarchist collective and the official spokesperson of the bookfair.

Ziakin described what she felt to be a lack of radical intellectual community at UVic, and stressed that the bookfair and collective are an opportunity to foster such relationships.

The event is also an opportunity to meet producers of radical culture from all over North America. Independent publishers, writers and artists will bring their wares from as far away as San Fransisco and Halifax.

Much of the work these vendors have to offer represents the leading edge of anarchist thought, and aside from those titles that are carried in the Camas bookstore (at the corner of Quadra Street and Kings Road), are unavailable to even the curious or devoted anarchist.

But the Victoria Anarchist Bookfair is a free event both for vendors and patrons.

"The bookfair gives people an opportunity to see the positive aspects of the philosophy," said Allan. "It runs on volunteers and co-operation."

Ziakin added that many think of anarchy as gloomy at best.

"It's not chaos, it's actually about social justice, mutual aid, community, self-governance and ecological sustainability," she said.

Volunteers are appreciated throughout the event and will be accepted spontaneously at the organizing table. Help is needed particularly for the clean-up after the bookfair.

If hunting for literary treasure isn't your thing, special gatherings are planned for after the bookfair on Saturday and Sunday nights. On Saturday, participants have the opportunity to eat at the Camas Books Anniversary Dinner at the Blanshard Community Centre, then attend the Camas Bookstore for their first Birthday Bash. The fun is at the Folk Music Night at the Solstice Cafe from 6 to 11 p.m on Sunday night.

The bookfair represents the culmination of the week-long Festival of Anarchy involving art installations, poetry readings, lectures and workshops. On Friday, Sept. 12 the festival hosts a Do-It-Yourself fair that features workshops on using the Linux operating system, stencilling, beatboxing and more. That fair starts at 11 a.m. at the Victoria Events Centre. By 6:30 p.m. the fair will stop, and a punk show will begin.

For more detailed information about the bookfair, visit their website at www.victoriaanarchistbookfair.ca.

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salsa 101
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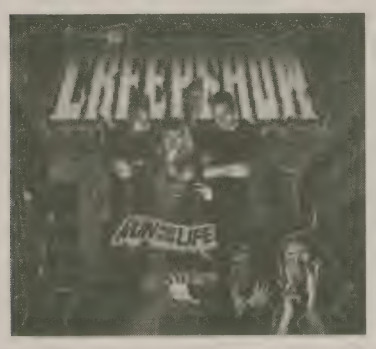
consult your Vikes Recreation Guide for more info, or visit:
www.vikesrec.uvic.ca to register online

www.vikesrec.uvic.ca
UNIVERSITY OF VICTORIA VIKES RECREATION
www.vikesrec.uvic.ca

CD REVIEWS

Soft tunes and chilling tracks to relax or energize



The Creepshow
Run For Your Life
STOMP RECORDS

Rising up from the graveyard, The Creepshow took listeners to their debut album *Sell Your Soul*. Now the Ontario quartet returns with their sophomore effort, *Run For Your Life*.

Staying true to their psycho-billy roots, the album tears through 10 tracks fused with the chilling swing of the upright bass and lyrics haunting enough to wake the dead.

Newcomer Sarah "Sin" Blackwood provides the femme fatale on this record with some devilish vocals. She proves to be the perfect replacement for Hellcat, the band's original front woman (and Sin's sister) who is currently on maternity leave.

The Creepshow acts as the modern day musical resurrection of a Vincent Price horror flick while breathing new life into the '50s inspired psycho-billy subgenre which they helped to define in Canada.

After kicking off their tour in Vancouver, The Creepshow is pulsing with pure evil and simply *dying* to take you along on their hell bound ride. Be ready to run for your life.

-Taylor Antoniazzi

The Verve
Forth
PARLOPHONE

For all you keeners who like to study without deafening silence, The Verve's cleverly titled fourth studio album, *Forth*, easily puts any mind into a relaxed state of focus.

The Verve took 11 years between their last album, *Urban Hymns*, to craft *Forth*, but the album is more than worth the wait.

Listeners are led through rich space-rock soundscapes that never feel archaic or ponderous in their variable tempos. Songs meander long enough to be out of place among the formulaic three and a half minute ditty, but no so long as to be gratuitous.

Tracks span between five and eight minutes, with trippy guitar plucks, slides and wails reminding you of the most imaginative '70s finger work. At the same time, they're kept honest by the contemporary hum of the charging bass and rapid drum pace.

Vocalist Richard Ashcroft's Dylan-esque nasal affectation manages to come off as both earthy Southerner and lofty Britpop star, when it's not softly echoing in and out of guitar and keyboard blinks.

Forth produces too many perceptible inspirations to list. The genre would be called alternative, but along with a subtle jazz rhythm, the song lengths conspire to allow for multiple musical directions in each track. You can't stick a pattern to anything, save for the vastness of it all.

The sounds will both wash over and immerse you in the intricate layers. As far as background learning music goes, Forth will have you working away, locked into the pleasant groove, or drifting off into the fertile space where inspirational thoughts reach a relaxed mind.

-Cody Willett

The Free Press
Half Truths and Whole Lies
INDEPENDENT

With a name like The Free Press, you might expect a band to deliver a CD full of uncensored opinions. While *Half Truths and Whole Lies* does offer some politically charged lyrics, they don't seem to mesh with the band's mellow sound.

The soft Counting Crowes-like vocals on songs like "National Pride," don't seem to fit with lines like "freedoms raped and buried deep / all in the name of god and love." But when it comes to the softer, more romantic lyrics of the album, everything seems to click into place.

In "The Only Way Home," the lyrics "no one but you / can fear the sky but brave the snow / still my reason learns / to follow you wherever you may go," make sense with the gravelly voice, soothing guitar and soft drums.

Still, the first full-length album from the Toronto-based band is worth a listen, even if it wasn't exactly what you were expecting. Perhaps the most impressive part of *Half Truths and Whole Lies* is the fact that The Free Press produced the album without a label. Then again, it could be the killer instrumentals, especially in "State of Emergency."

Half Truths and Whole Lies is true pop-rock; it's a little bit sappy, and a little bit simple. It's also an album that would probably sound awesome live, in a small, dark club. Better look for The Free Press on tour.

-Gemma Karstens-Smith

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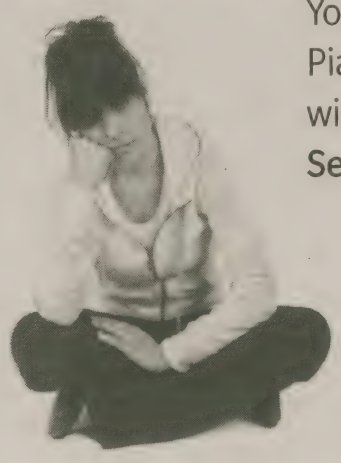
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Off-Island destinations will woo your adventurous side

Nick Olynyk

Culture and history are abundant throughout Victoria, but if you're looking for a little off-Island fun, action and adventure, these six Canadian cities (big and small), will be sure to excite you.

Montréal, Que.

With a burgeoning 'gay village,' a romantic language and an exclusive style, Montreal is a city apart.

An excitable bunch, Montrealers are flamboyant, chic and friendly... expecially if you speak French. Yet, this city accepts individuality more than any other in Canada. Each neighbourhood has its own flavour, such as the Plateau shopping district where you can buy hand made clothes, knick-knacks or furniture in the independently owned boutiques.

One of Canada's hottest rave scenes is hidden in the industrial area, with all-night parties happening every night. History buffs can stroll through Old Montreal, preserved in its 18th century mode of cobblestone streets and narrow alleyways.

For eating, nobody cooks a gooey poutine better than the Quebecois, and the cafés — hookah or otherwise — always brew smooth tea.

If you look at this city's underbelly, you'll find some dirty fun.

Toronto, Ont.

Come here, have fun.

Why, you ask? Toronto (i.e. the most self-centred metropolis in Canada) will cater to anybody. All major performers coming to Canada stop in Toronto. The city is a cultural mosaic that possesses an incredible public transit system, plus the trendiest shopping in the country.

The Eaton's Centre has every chain store while neighbouring Yorkville covers the yuppie crowd. For the hippie-at-heart, Kensington Market encompasses over a dozen vintage clothing shops, along with bohemian art peddlers and foreign food sellers. If nothing else, Kensington is great for people watching.

Check out the downtown for booming clubs or take a streetcar up to Bloor Street and dig the country's best indie music scene. Sports fans can count on seeing a team from every major sport (except for the Leafs. You won't get tickets unless you're corporate.)

It's no coincidence the Rolling Stones launch their tours here.

Calgary, Alta.

Calgary is never disappointing, with or without a cowboy hat.

Despite a stall in growth, this youth-friendly city bathes in young money and party goers. The Stampede is a 'can't miss' event, with thousands of people entering the downtown district. A must see is the Stampede rodeo, arguably the planet's most competitive.

For a calmer time, ride a C-Train to the zoo and see their newborn giraffe. Card studs will enjoy two major casinos with lively poker rooms. This former Olympic host is only an hour (break-neck Alberta driving speed) from Banff and Lake Louise where you can enjoy skiing, camping or good ol' tourist gawking.

London, Ont.

Welcome to "Fundon," one of Canada's most evolving centres.

Once a manufacturing town, London is turning into a tech city with a bustling social scene, partially due to Canada's wildest party school, the University of Western Ontario.

During the day, tour the Labatt Brewery and come out smiling. Home to one of Canada's most diverse populations, London annually hosts the Home Country Folk Festival and Fringe Theatre Festival.

Outdoorsy types can cycle the 22 miles of paved bike paths along the Thames River. This city is centrally located two hours from Detroit, Toronto and Niagara Falls, and prides itself as the place where Johnny Cash proposed to June Carter on stage.

Halifax, N.S.

With a vibrant culture and a deep-rooted background, the people of Halifax are down to earth.

This harbour city was Canada's original immigration port and continues to serve as a naval post. Walk along the pier to see ships ranging from ocean tankers to a real life replica of Theodore Tugboat. Acadian culture is abundant at every turn, but don't forget the summer Busker's Festival that attracts talented performers from around the Maritimes.

For special occasions, 'pound the liquor' at Bubble's Mansion, owned by Trailer Park Boys actor, Mike Smith, who makes occasional appearances with other cast members.

Penticton, B.C.

Affectionately called the Peach City, Penticton is a summertime paradise.

For over 60 years, the Penticton Peach Festival has been known for its lively concerts, parade and square dancing competition.

For an evening out of town, make the short trip to Kelowna or the Big White ski resort for classy dining, or chow in town at the marina.

Fill your afternoon by taking a wine tour and enjoying free samples, or cruise up Lake Okanagan by boat.

Lounge, lurk or loiter at either Okanagan Beach on the city's north side, or Skaha Beach on the city's south side. Or float in a tire tube on a stream between the two.

Eye candy is everywhere around the water, but watch out for nudist hangouts. They're crouched where you least expect them.

JOSH SZCZEPANOWSKI PHOTO

Deciding where to go is half the fun of an off-Island vacation destination.

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or in person at SUB Info Booth

SUB Info Booth extended hours in September are:

Mon – Fri	9am – 4pm
Saturday	12pm – 4pm

Deadline to opt out is Sept 30, 2008 4pm

Students must opt out annually.

Deadline to add family members is Sept 30, 2008 4pm!

A Service of the UVic Students' Society

Events

ON CAMPUS

THURSDAY, SEPT. 11

Marine Birds lecture
7 p.m.
ENGINEERING COMP SCIENCE BUILDING, tbc upon registration
This series of lectures, illustrated with slides and dramatic video presentations, is ideal for birders and naturalists interested in learning more about local marine birds and bird behaviour. Discover fascinating secrets about how marine birds live and feed. Two shoreline field trips are included.
Thursdays, Sept. 11 to Oct. 9: 7 - 9 p.m. (lectures), and Sundays, Sept. 28 and Oct. 5: 9 - 10:30 a.m. (field trips).
Fee: $99.75
Info: Janet King
250-721-8827
jking@uvcs.uvic.ca

Woven in Time
All Day
McPherson Library Gallery
Woven in Time is an exhibition of photographs by University of Victoria student Ashley Akins. These photographs document life in the rural communities of Peru's Patakancha valley, of which textile weaving is an integral but endangered part.
Fee: Free
Info: 250-721-8299
maltpub@finearts.uvic.ca

P/Op!
All Day
University Centre, B115
Pop art is a Twentieth-century art movement that embraces mass consumerism, often in attempts to undermine it, while op art is the interaction between illusion and picture plane, between understanding and seeing. Both genres promise an exciting, colourful and dynamic range that reflects modern art and abstraction in ways the gallery never has. Event runs until Sept 22.
Fee: Free
Info: Aubrey Emlyn
250-721-6562

FRIDAY, SEPT. 12

Fridaymusic
12:30 p.m.
MacLaurin Building, B125
School of Music students in a program for various instruments.
Fee: Admission by donation
Info: Jill Michalski
250-721-7904
michalsk@uvic.ca

TUESDAY, SEPT. 16

Two Japanese Films - free admission!
7 p.m.
Student Union Building, Cinecenta
Sponsored by The Japan Foundation and the Consulate General of Japan, along with Victoria Japanese Friendship Society and Victoria Nikkei Cultural Society.
Both films in Japanese with English subtitles. Classification TBA
7:00 ñ BOOK OF THE DEAD (Kawamoto Kihachiro, 2005, 70 min)
8:25 ñ HALF A CONFESSION (Sasabe Kiyoshi, 2004, 122 min)
Fee: Free
Info: CINECENTA
721-8365

WEDNESDAY, SEPT. 17

The Centre for Studies in Religion & Society Public Lecture Series
4:30 p.m.
Engineering/Computer Science Building, 124
This lecture introduces the new director of the Centre for Studies in Religion and Society and outlines two of his recent research projects: one on post-colonial Christians in Canada and the other on international political responses to religious diversity.
Fee: Free
Info: CSRS
250-721-6325
csrs@uvic.ca

LIVE CONCERTS

THURSDAY, SEPT. 11

c.f.c., illyPros, uti @ Evolution
9 p.m. - 2 a.m.
Tickets available at Old School Tattoos. (No Minors).
Fee: $9 at the door
$7 in advance

SO YOU WANNA BE A DJ @ Lucky Bar
10 p.m.
Hosted by DJ Longshanks, two new guest DJs per week will show their skills, and YOU (along with an expert panel) get to be the judge! The best DJs over the next few months will proceed to the finals in Jan/Feb. (No Minors).
Fee: $5

YouTube and Facebook Thursday @ Soprano's
9 p.m. - 12 a.m., doors at Noon
Pick your song from our 14,000-song library and we'll film your performance, upload it to YouTube and Facebook, so you can share your performance with friends. (No Minors).
Fee: Free

FRIDAY, SEPT. 12

Fond Of Tigers, Chet, Listening Party @ Lucky Bar
10:30 p.m. - 1:30 a.m., doors at 9:30 p.m.
Vancouver free jazz Drip Audio recording artists, Fond of Tigers are quickly becoming one of the most mind bending & exciting music making packs in the country. (No Minors).
Fee: $10 in advance

Alexander Bueno, Brian Palmer @ Serious Coffee 230 Cook St.
7 - 9 p.m., doors at 7 p.m.
Up and coming folkie Alexander Bueno teases the evening with melodious covers and originals. Brian Palmer fills in the break with some of his personal favourites. (All Ages).

Canada's most authentic Pink Floyd tribute band Pigs @ Soprano's
9 p.m. - 1 a.m., doorst at Noon
Tickets available at Lyle's Place and Soprano's. (No Minors).
Fee: $6 in advance
$7 at door

The Perfect Trend, Beat Kids, My Daughter The Ranger, Everyone Everywhere, Set The Floor On Fire @ Sunset Room
6:30 - 11 p.m., doors at 6 p.m.
The Perfect Trend's cd release show for Victoria! Going to be a good night, come support! It's also going to be Set The Floor On Fire's first show! (All Ages).
Fee: $8

SATURDAY, SEPT. 13

Wharf Street Band @ 17 Mile House
8 p.m.- 12 a.m., doors at 5 p.m.
Last chance to party before those nasty exams and papers are due. (No Minors).
Fee: Free

DJ Analog & VJ Caligari @ Bayanihan Community Centre
7 - 11 p.m., doors at 7 p.m.
Fast becoming one of the best nights in Victoria Catalyst offers an eclectic mix of Gothic Rock, Postpunk, EBM, NewWave, Darkwave, and Death Rock. The Catalyst crew work to create an atmosphere like no other with original live video mixing and a light show that complements the unique personality of the night's patrons. (All Ages).
Fee: $8

DICK CASH, Hank Angel & Island Devils, DJ Cheeky Tiki, DJ Slim Sandy, BeBoppinBaby Dance lesson @ Logan's Pub
9 p.m. - 1 a.m., doors at 8 p.m.
(No Minors).
Fee: $10

ANNOUNCEMENTS

THE WESTERN CANADA WILDERNESS COMMITTEE is seeking environmentally-aware, outgoing people to join our canvass team. Flexible days, fresh air, and fun! Great part-time job for students. Call Susan 250-388-9292, 2-4 p.m., Monday-Friday.

St. John Ambulance: SAVING LIVES-at work, home and play Celebrating our 125th Anniversary in British Columbia.

On Thursday, Oct. 23rd Volunteer opportunities with the SJA First Aid Brigade and Cadet Programs, as well as sharing the fascinating history of SJA. Join us for an informative evening and meet the members of our dynamic first aid volunteer team.

On Oct. 1 Orientation Evening for our popular Therapy Dog program. If you are the owner of an obedient dog, and would like to volunteer in our community with your pet, you may be interested in the Therapy Dog Program. Find out more this community visiting program at the orientation evening.

To register for one of these information evenings, please call the Volunteer Coordinator at 250-388-5505 x106.

TERRY FOX RUN 2008 : SUNDAY SEPT. 14
9 a.m. start at the Mile Zero Beacon Hill Park
Registration begins at 8:00 AM : No entry fee required : Donations are appreciated.
Participants can run, bike, walk, rollerblade, whatever means, on a new course along Dallas Rd. Distances 5K & 10K
Breakfast items free to all participants provided by SAVE ON FOODS. OCEAN 98.5 FM will be on-site to host entertainment and announcements.
For information call 250-480-8809 or 250-884-2883. Volunteers are needed and welcome. Volunteers are being asked to assemble and check-in no later than 7:45am

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Info Sessions: Wed. Sept. 17th at 6 p.m. Clearihue A201 and Sept. 18th at 6 p.m. at UVic David Strong C112
www.aiesec.ca, victoria@aiesec.net

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September 17, 18, 19
Haunted based on the novel by **Chuck Palahniuk**
September 24, 25, 26
Tales of the Unexpected
based on the short stories of **Roald Dahl**
October 1, 2, 3
Admission by donation of $3.00
All shows start at 4:45pm
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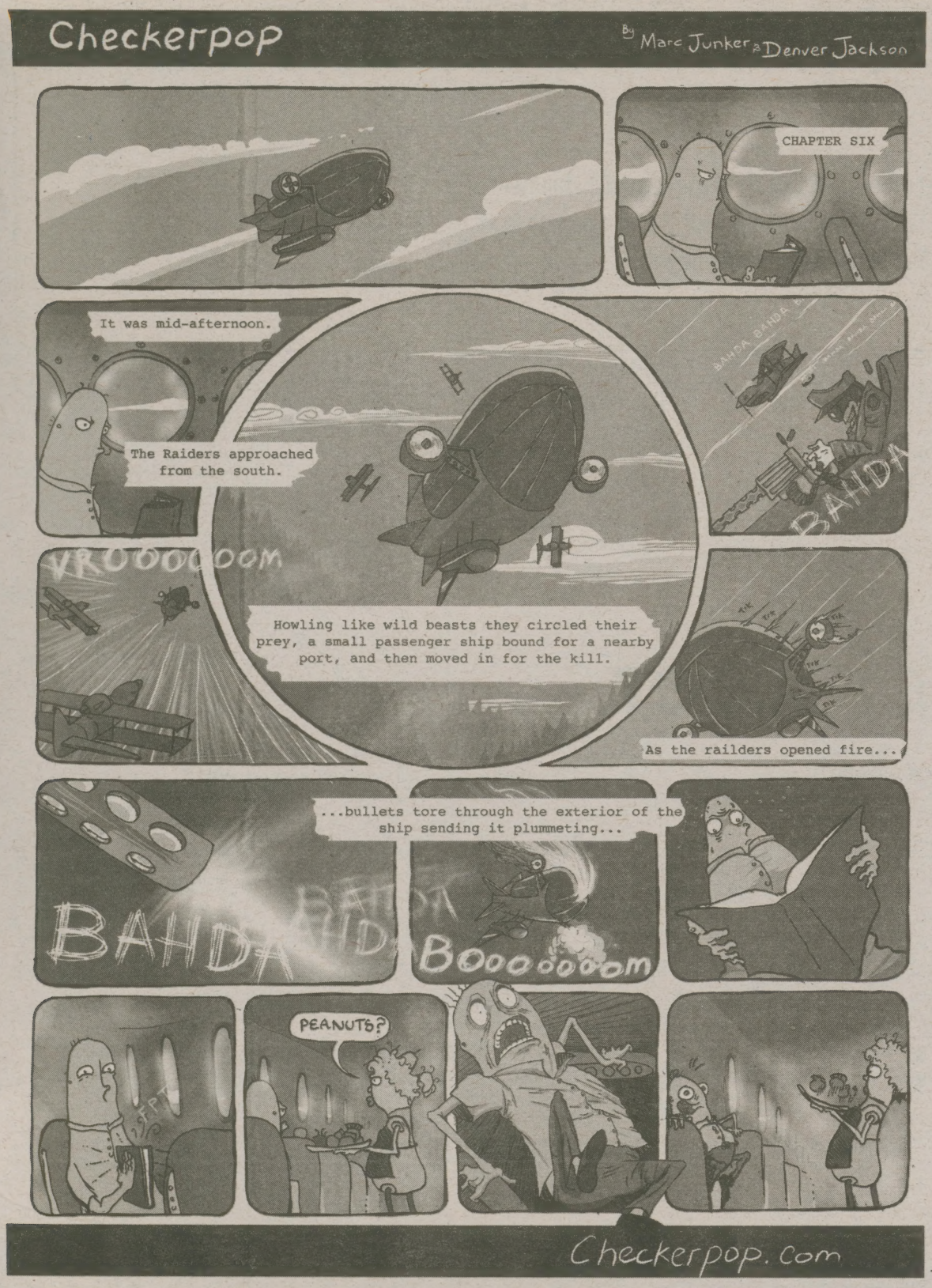
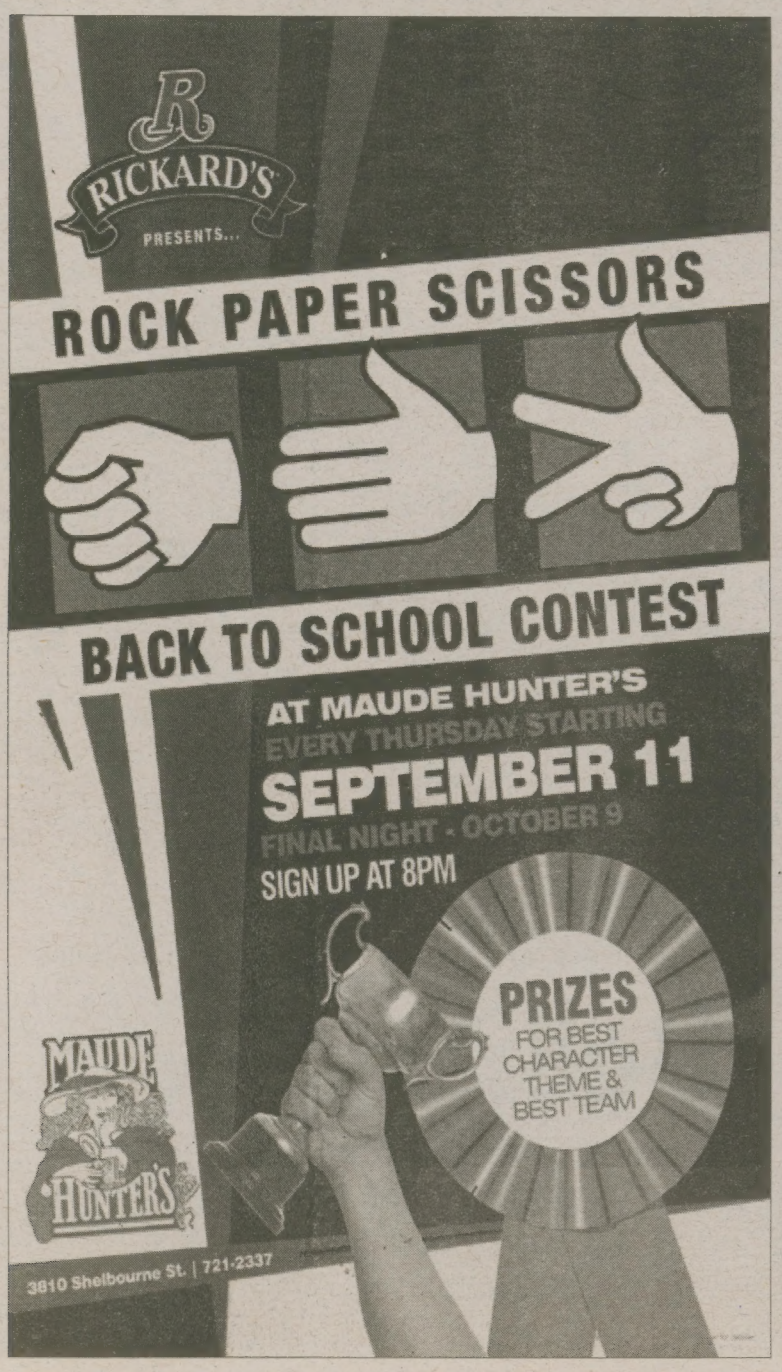
Located in the heart of the Estevan Village, just up from Willows beach. Featuring classic Jewish cuisine.
2518 Estevan Ave.
(250) 592-8311
Open Mon-Sat 8 to 4
Sunday 8 to 3


Checkerpop
By Marc Junker & Denver Jackson
CHAPTER SIX
It was mid-afternoon.
The Raiders approached from the south.
Howling like wild beasts they circled their prey, a small passenger ship bound for a nearby port, and then moved in for the kill.
As the railders opened fire...
...bullets tore through the exterior of the ship sending it plummeting...
BAHDA
Booooooom
PEANUTS?
Checkerpop.com

NECROCOMICON
Elitism is when the bus that leaves from UVic gets full of students...
...that by the time it gets to Camosun all the poor college kids have to stand...
... and that when it stops next, most of the goddam townies can't even get on.



Are you completing a degree and worried about job prospects?

Introducing Accounting Fridays
starting September at Lansdowne Campus

Financial Accounting 1	ACCT 110 (12)	Friday, 12:30-4:20
Financial Accounting 2	ACCT 111 (03)	Friday, 8:30-12:20
Financial Accounting 3	ACCT 210 (05)	Friday, 12:30-4:20
Management Accounting 1	ACCT 220 (03)	Friday, 8:30-12:20

Start now with Victoria's leader in accounting education – camosun.ca/accounting.

Ready for your next step?
Take it at Camosun.
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CAMOSUN COLLEGE

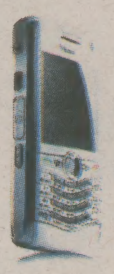
THE MARTLET

News writing workshop

Visit us in the Martlet office (SUB B011) for the second installment of our news writing workshops on Thursday Sept. 11, at 4 p.m. to learn about news writing and to get a story assignment.

Fab 10, for the ultimate socializer.

Talk and text all you want to 10 friends with Fab 10 student plans.[1]
Visit a Bell store, bell.ca/socializer or call 1 888 4-MOBILE for details.



BlackBerry® Pearl™ 8130 smartphone

FAB TEN 25 STUDENT PLAN $25/MO.

- Unlimited local talking and text messaging to and from any 10 numbers[2]
- 100 local anytime minutes
- Unlimited night and weekend local minutes
- Features included: Call Waiting and Conference Calling[3]

PLUS: Get more minutes, unlimited long distance and 500 picture/video messages for just $10/mo.[4]

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BURNABY
Brentwood Town Centre
Kensington Square
Lougheed Mall
Marine Way Market
Metrotown Centre
Metropolis at Metrotown
Metropolis at Metrotown kiosk

CHILLIWACK
Cottonwood Mall

COQUITLAM
Coquitlam Centre

CRANBROOK
First Pro Cranbrook

DELTA
Scottsdale Centre

FORT ST. JOHN
8820-100th St.

LANGLEY
Walnut Gate
Willowbrook Corner
Willowbrook Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
Queensborough Landing

PITT MEADOWS
Meadowtown Centre

RICHMOND
3675 Westminster Hwy
Aberdeen Centre
Blundell Centre
Richmond Centre
Sands Plaza

SQUAMISH
40446 Government Rd.

SURREY
13630 72nd Ave.
Guildford Town Centre
Nordel Crossing
Panorama Village
Semiahmoo Shopping Centre

VANCOUVER
567 Seymour St.
698 West Broadway
1008 West Georgia St.
1100 Robson St.
1588 West Broadway
1709 Lonsdale Ave.
2154 West 4th
2315 West 41st
Bentall Centre
Capilano Mall
Chinatown Plaza
Lynn Valley
Oakridge Centre
Pacific Centre
Park Royal N.
Park Royal S.

OKANAGAN

CASTELGAR
635 Columbia Ave.

KAMLOOPS
Aberdeen Mall
Inside Real Canadian Superstore
Lansdowne Village
Sahali Centre Mall

KELOWNA
948 McCurdy Rd
Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

QUESNEL
259 Reid St.

VERNON
4710 31st St. Unit 106
Village Green Mall

WILLIAMS LAKE
Boitanio Mall

VANCOUVER ISLAND

NANAIMO
Country Club Centre
Woodgrove Centre

VICTORIA
Bay Centre
Hillside Shopping Centre
Mayfair Shopping Centre
Westshore Town Centre

Also available at these participating retailers:

CAMPBELL RIVER Pure Wireless
COURTENAY Pure Wireless
DUNCAN VI Cellular
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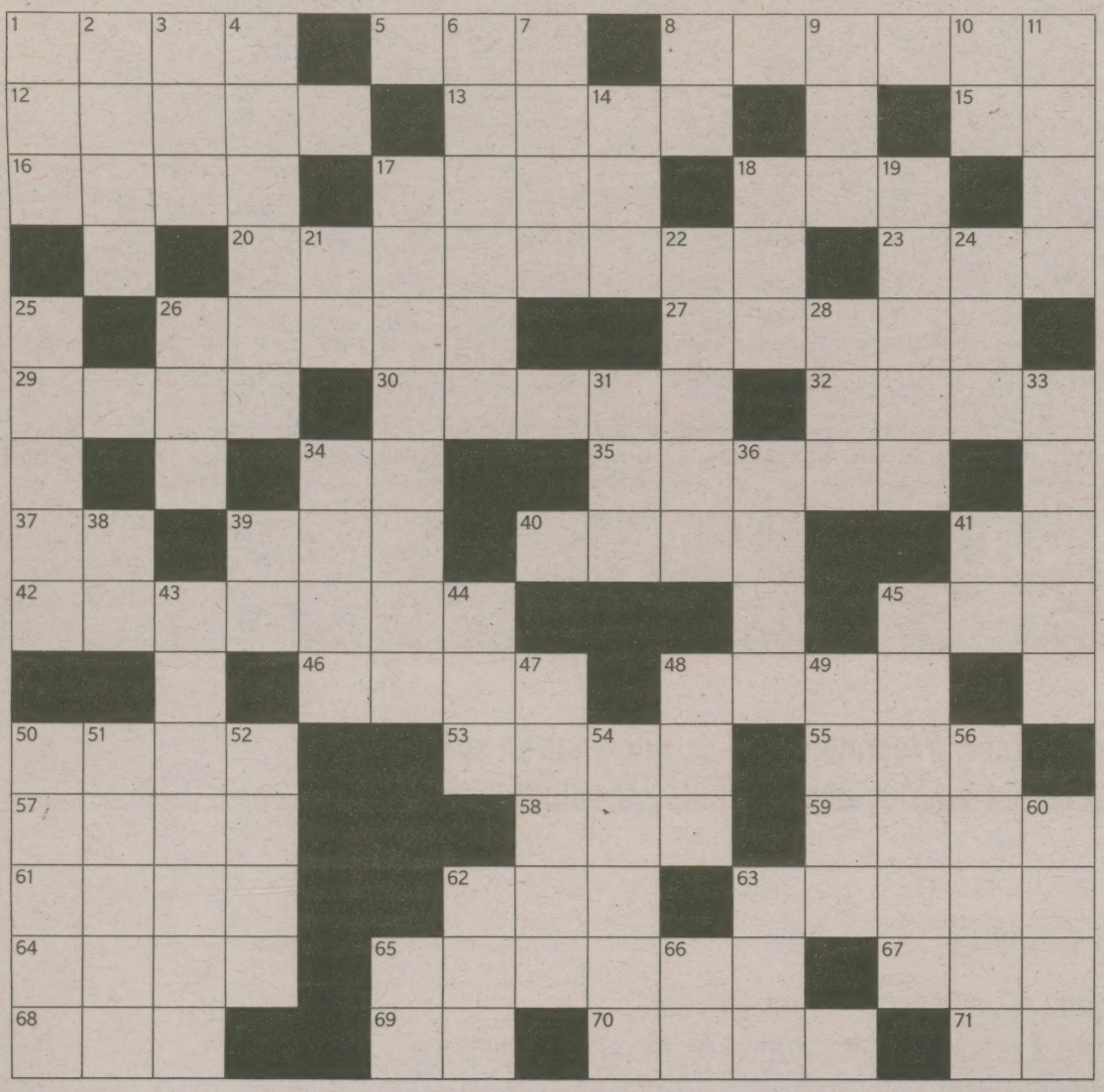
WHISTLER WSC Communications

((WIRELESSWAVE))

Offer ends Sept. 30, 2008. Available with valid student card. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Weeknights Mon-Thur, 9pm-7am; Weekends Fri 9pm-Mon 7am. Other monthly fees, i.e., e9-1-1 (75¢), system access (not a government fee) ($8.95), and one-time device activation ($35) apply. Long distance and roaming charges (including foreign taxes) may apply outside your local area. With data use, charges apply if you do not subscribe to a data plan or unlimited Mobile Browser and fees may apply for features, content and roaming when outside your local area. Mobile Browser does not include use of your device as a modem to connect to the Internet from your computer; additional per kilobyte data charges apply. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** With new activation on a 3-yr. contract term. **(2)** Applies to local calls and text messages to and from ten designated numbers. Received messages include local, international, roaming and service related messages from Bell and exclude premium, alerts and dial-up messages. Sent messages include local messages and exclude international, roaming, alerts, premium messages and messages sent with an instant messaging application. **(3)** Simultaneous use of airtime. **(4)** Applies to long distance calls made from and to Canada, in Bell Mobility and its partners' coverage area. Research In Motion, the RIM logo, BlackBerry, the BlackBerry logo and SureType are registered with the U.S. Patent and Trademark Office and may be pending or registered in other countries - these and other marks of Research In Motion Limited are used under license.

MARTLET CROSSWORD

BY DAVID KARP



ACROSS

1 To take drugs
5 — Given Sunday
8 Court cases
12 Obliterate
13 Bubbly chocolate bar
14 Kevin Lowe or Dave Nonis (e.g.)
15 Police officer
16 Hawaiian party
17 Famous 1990 armed standoff between Mohawks and police
19 Increase
22 Popular Christmas drink
25 Super Mario princess
26 Circular
28 Inspector Gadget's Dr. —
29 Fish-eating marine mammal
31 In Flanders Field (e.g.)
33 Arkansas abbrev.
34 Unclean
36 A note to follow so
38 Video file format
39 Most frequent number
40 Roughly equal to 3.14159
41 Diagonally crossing bars
44 Married female abbrev.
45 Cold cuts retailer
47 Pirate greeting
49 Greater Vancouver area (abbrev.)
52 Form of quartz
54 Victoria-Hillside MLA Fleming
56 Canuck defenseman Fitzpatrick
57 Female deer
58 Iliad or Paradise Lost (e.g.)
60 Tennessee author of A Death in the Family
61 Travelled on
62 Unwanted sound
63 Steve Nash's team
64 One who wants excessively
66 Deceive
67 Six wins in tennis
68 European governing body (abbrev.)
69 Crazy
70 Central Canadian territory (abbrev.)

DOWN

1 Room for reading or relaxing
2 Done with the mouth
3 Expected score for first-class golfer
4 Carefully or deliberately avoid
6 Nothing
7 Yes (slang)
8 Toronto (slang)
9 Sign a contract
10 South Korean electronics company
11 Pollution-induced fog
16 Long rope-like candy
17 John Lennon's wife
18 Bug or goad
20 Need For Speed and The Sims producer
21 Made a mistake
23 Beethoven's — to Joy
24 Type of rowing stroke
25 Apartment (slang)
27 World's largest delivery company
30 Dashboard Confessional or Bright Eyes (e.g.)
32 A little wet
33 Enthusiastic
35 Actors Green or Rogan
37 Support group for alcoholics (abbrev.)
38 Email address component
40 Newspaper coverage of a celebrity (abbrev.)
42 File download method
43 Chess rating system
44 Having short-sightedness
46 Band not on a major record label
47 Fire an employee (slang)
48 Popular sandwich cookie
49 Yard essential
50 Very fashionable
51 Changes the colour
53 Sing like a Swiss mountaineer
55 Alternative meat for burgers
59 Penny
61 Victoria's other public university (abbrev.)
62 Largest U.S. city (abbrev.)
64 World's second-largest public company
65 To perform or carry out

solution, tips and computer programs at www.sudoku.com

su|do|ku © Puzzles by Pappocom

	7					2		
	1				8		6	
		6	5		2	4		
7				5			4	9
	5						8	
4	6			1				2
		1	4		6	3		
	2		3				9	
		7					1	

www.martlet.ca
For puzzle answers, visit our website.

HEADLINE

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Wander down to SUB B011 and give us your copy editing eyes!

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Service canadien du renseignement de sécurité

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Whether you want to become an intelligence officer, a technologist, an information specialist or an administrative assistant, CSIS is a place where employees can build meaningful careers.

Requirements

To be considered for employment at CSIS, you must:

- be a Canadian citizen residing in Canada for at least the past 10 years;
- possess an undergraduate degree from a recognized institution or, for some positions, a community college diploma or certificate; and
- be eligible to undergo the most stringent security process.

The Service is actively recruiting qualified candidates from various ethnic backgrounds. CSIS, an equal opportunity employer, has a drug-free policy. Please apply on-line and quote reference number 08-CSIS-AD-44. We thank all applicants for their interest. Only those selected for further consideration will be contacted. For more information about CSIS or the positions currently available, visit our Web site.

You are invited to visit the CSIS booth and speak with one of our representatives at the Federal Government Career Fair, which will be taking place in the Student Union Building on September 30th.

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